STILL STINGS

JAYS FANS ARE STILL KINDA SORE ABOUT JOHN FARRELL LEAVING US FOR HIS DREAM TEAM PAGE 41

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Ford: It's 'finally over'

Won't be prosecuted. Mayor wins second case that threatened his political future

Tuesday will be the first day in nearly two years that Mayor Rob Ford will not have to worry that he might be evicted from office by a judge.

The city's compliance audit committee voted 2-1 on Monday against hiring a special prosecutor to pursue non-criminal charges against Ford for alleged election finance violations. Ford, whose mayoralty has been plagued by legal distractions, has now won both of the cases that threatened his political future.

An auditor concluded that Ford's 2010 mayoral campaign committed numerous "apparent contraventions" of the Municipal Elections Act. But his lawyer, Tom Barlow, told the committee the breaches were insignificant and unintentional — and that, through the audit and the accompanying media scrutiny, Ford has learned his lesson and "answered for his conduct."

The three committee members did not explain their votes. Ford said he is "happy the process is finally over."

"It's a great day for democracy," he said in a prepared statement he delivered in his city hall office. "I'm happy the committee understands we ran a clean, professional, above-board campaign. We made every effort to comply with all the rules."

The committee's decision was a second major defeat in a month for Adam Chaleff-Freudenthaler and Max Reed, the two citizens who filed the audit case and who quietly initiated the conflict-of-interest case Ford won on appeal in January.

Chaleff-Freudenthaler did not rule out the possibility that they will bring a rare private prosecution against Ford. In Hamilton, a citizen laid 18 charges in 2005 against companies she believed had made excessive donations to a 2003 mayoral campaign. She obtained one guilty plea and 16 admissions of responsibility.

TORSTAR NEWS SERVICE

Spending limit

$40,168

The audit found that Ford appeared to break the law by exceeding the $1.3-million spending limit by $40,168, or about three per cent, largely because of events the auditor believed he misclassified as fundraisers exempt from the limit.

Mayor Rob Ford and his brother, Coun. Doug Ford, listen as the mayor's lawyer Tom Barlow addresses the compliance committee audit meeting on Monday. The committee voted 2-1 against hiring a special prosecutor to pursue non-criminal charges against Ford for alleged election-finance violations. DAVID COOPER/TORSTAR NEWS SERVICE

Guns stashed in hallways

Toronto Community Housing raids reveal more about the city's troubling communal-weapons problem, police say PAGE 3

A doctor's stroller orders

A Toronto mom who has twins is angry after showing up for a doctor's appointment and being told she could not bring her stroller into the office PAGE 4

Walking Dead and gone?

Canadians are being warned they may lose popular AMC shows like The Walking Dead if a new agreement is not reached with Rogers PAGE 14

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Opting out

City councillors give local burger chain the snub

Toronto councillors have turned down a bid from the Hero Certified Burgers chain to set up a restaurant on the refurbished Nathan Phillips Square in front of city hall. TORSTAR NEWS SERVICE

Brampton

Monster home ordered to be demolished

The owner of a 6,600-square-foot monster home being built in Brampton has had his building permit revoked and has been ordered to demolish the structure, even though the city may be responsible for an "error" that allowed the construction.

A "technical discrepancy" may have allowed the building permit that led to the partial construction of the home, staff explained.

The structure dwarfs the 1,400- to 2,000-square-foot bungalows and side-splits that surround it.

TORSTAR NEWS SERVICE

This 6,600-sq.-ft. home in Brampton is twice the size approved by the city.

SAN GREWAL/TORSTAR NEWS SERVICE

Casino talk

"Neither families nor anyone else wants to live next door to a casino!"

Dori Segal, chief executive of First Capital Realty Inc., a major developer and owner of Shops at King Liberty, in a letter to city councillors arguing that a casino resort at Exhibition Place would destroy the unique character of neighbouring Liberty Village and halt its gentrification.

Police seize guns, drugs in community-housing raids

Not the first time. In 2011, police conducted the same kind of search at the Jane and Finch housing complexes and also found guns

JESSICA SMITH
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Insp. Shaun Narine speaks about guns seized from Toronto Community Housing complexes at a press conference at 31 Division headquarters on Monday.

JESSICA SMITH/METRO

A loaded 9mm Smith & Wesson and an unmarked, unloaded 9mm handgun lay in the ceiling, above a light fixture, in a third-floor hallway of the Cane Grassway Toronto Community Housing complex until police discovered them in a recent search, police revealed Monday.

In Turf Grassway, a nearby housing complex where 15-year-old St. Aubyn Rodney was shot to death on Feb. 11, a shotgun was found in a hallway ceiling.

Police performed repeated and thorough searches of the hallways and common areas of TCHC buildings in the Jane and Finch area on Feb. 21 and 22, finding the three guns, as well as a replica handgun, 20 rounds of ammunition, a sword, stolen wallets and drugs, officers said.

Officers then searched TCHC buildings across Toronto, finding more ammunition, drugs and weapons.

"The searches were conducted to address the violence and gunplay at TCHC sites, where the residents are entitled to a safer environment," said Insp. Shaun Narine.

Police will be running tests to see if they have been used in the commission of any crimes.

Narine said the guns were readily accessible to anyone in the building. Police believe criminals stashed them in common areas because they didn't want to run afoul of gun laws, but also because they may have been "community guns."

"The bad guys ... will pool their money to get the firearms and put them in an area that's readily accessible. Whoever wants them and knows that they're there can use them for criminal acts," he said.

In August 2011, police conducted the same kind of search at the Jane and Finch housing complexes and also found guns. Asked why they didn't search more often, Narine said: "That's the plan."

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Hospital study shows patient discrimination

Cherry-picking practitioners. Research also shows patients with greater medical needs are being treated first

Family physicians' offices appear to be discriminating against the poor, a Toronto study concludes, after finding they are more willing to take on people of higher socioeconomic status as new patients.

Researchers from St. Michael's Hospital posed as prospective patients looking for family physicians when they called 375 Toronto doctors' offices in 2011. Following scripts, they explained either that they were bank employees who had recently transferred to Toronto, or welfare recipients.

The study, published online Monday in the Canadian Medical Association Journal, found the bank employees were 50 per cent more likely than the welfare recipients to get appointments.

"The most likely explanation is that people working in doctors' offices may be unconsciously biased against people of low socioeconomic status," said Dr. Stephen Hwang, a general internal medicine physician at the hospital and a researcher in its Centre for Research on Inner City Health.

It was mostly secretaries and administrative assistants who answered phone calls and provided information.

"We don't know for sure, but it's (also) possible that physicians are telling their office staff the kind of patients they want to accept and office staff are simply carrying out the physicians' directions," Hwang said.

There was no financial incentive for doctors to see wealthier patients, since they get paid the same through Ontario's publicly funded health insurance system.

TORSTAR NEWS SERVICE

Cherry-picking

"I've always been struck by the fact that many of my patients who are marginalized say that they have been treated poorly by health-care providers in the past ... because of their position in society." Dr. Stephen Hwang

'Patient auditions'

The study also found that nine per cent of doctors surveyed offered patients "screening visits," otherwise known as "patient auditions." Patients are invited for initial visits, during which doctors decide whether to continue seeing them. The College of Physicians and Surgeons of Ontario prohibits such visits.

Betty Sucharov and her two eight-month-old twins Macey and Miley in their home. Sucharov is angry after a doctor told her she could not bring her stroller into the doctor's office. RENE JOHNSTON/TORSTAR NEWS SERVICE

Mom miffed over clinic's stroller ban

The rules are spelled out in capital letters on the door to Dr. Robert Wagman's ophthalmology clinic: "No food, no drinks, no strollers, no boots, no grief." Lastly: "Yes sense of humour."

But Betty Sucharov couldn't find much to laugh about as she realized she couldn't bring her eight-month-old twins, Macey and Miley, into Wagman's Yonge and Davisville office in their stroller.

"I said to (the receptionist), 'One mommy, two babies,'" said Sucharov, 44, recalling the incident that happened earlier this month, and her shock at being asked to leave the stroller in the hall.

She claims Wagman said there were no exceptions, and she decided to leave the office.

"He was more eager to enforce his rules than anything," she said.

The incident occurred not long after the Toronto Transit Commission board asked staff to examine whether the system needs guidelines governing strollers. The move — prompted by a disgruntled passenger who wanted a restriction on prams — ignited a debate about when the devices are appropriate on transit, and when they're a bulky nuisance.

The doctor's office, it seems, can be as much of a battleground.

Wagman declined to discuss the incident involving Sucharov, but said his no-stroller policy ensures there's space for young patients in his office to play, and keeps elderly patients from tripping. He's also concerned about hygiene.

Kathryn Clarke, spokesperson for the province's College of Physicians and Surgeons, said she didn't know whether a similar grievance has been made before.

TORSTAR NEWS SERVICE

Non-issue?

"I can say confidently that this isn't an issue we're hearing a lot about."

Kathryn Clarke, spokesperson for the province's College of Physicians and Surgeons

Contract negotiations

Teachers' union to propose amendments

Ontario's high school teachers' union is looking for "mid-term amendments" to the contracts imposed by the government as it returns to talks with the province this week.

After Friday's announcement that the Ontario Secondary School Teachers' Federation would stop its "political protest" that put an end to extracurricular activities, president Ken Coran said Monday that bargaining would begin provincially and then locally.

Though the government has repeatedly said it would not rip up the contracts it imposed on public elementary and high school teachers, changes to the more contentious issues through regulation are a way around that.

TORSTAR NEWS SERVICE

Precarious employment

Wynne wants more stable jobs

Ontario Premier Kathleen Wynne wants to work with labour, the private sector and community leaders to stop the spread of unstable jobs seeping into every sector of the provincial labour market.

"I want our government and our province to understand that these issues are economic issues," she told a Toronto meeting of about 160 academics, community, labour and private sector leaders Monday.

TORSTAR NEWS SERVICE

RICK MERCER REPORT
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Men's issues or misogyny? Women's studies targeted

'Mean-spirited bias against men.' U of T to host talk by U of O prof on 'men's issues'

JESSICA SMITH
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The University of Toronto Men's Issues Awareness Society will be hosting a talk by an Ottawa professor on why she believes feminism and women's studies have created a "mean-spirited bias against men" in the humanities.

It will be the first public event held by the group since protesters attempted to shut down a speech last November by their last guest lecturer, controversial author Warren Farrell, calling his talk "hate speech."

University of Ottawa English professor Janice Fiamengo is set to speak on March 7. Her talk is part of the growing activity of "men's issues" groups on Canadian campuses. Their issues include high suicide, violence and workplace-death rates for men; boys falling behind girls in the education system; and what they believe is unfair advantages of mothers over fathers in the family-court system.

"It's something a lot of people are ready to talk about," said Iain Dwyer, a spokesman for the Canadian Association for Equality (CAFE), an umbrella group for Men's Issues Awareness clubs.

CAFE has sponsored seven or eight campus groups, most set up in the last year, including at Ryerson University, said Dwyer.

The last time the University of Toronto Men's Issues Awareness Society held a talk, about 100 protesters, many affiliated with the campus union and socialist groups, barred the doors of the auditorium and scuffled with police.

Due to his controversial writings, protesters argued Farrell's talk on the disadvantages facing boys, would be hate speech and shouldn't be allowed on campus.

Eventually Farrell was able to proceed, but the attempt to stop him from speaking inspired Fiamengo to become a new adviser for CAFE.

"If that had been a feminist speaker coming in to talk about the disadvantages that girls face, and a bunch of mostly men had gathered around and tried to prevent young women from going to the event, and had screamed obscenities at them, it would have been front-page news," Fiamengo said.

In her upcoming talk, Fiamengo said she will argue feminism has changed from the pursuit of equality to the pursuit of women's power.

"It became about women's power in certain areas and it came to represent men in very negative ways — as oppressive, as dominating, as violent, as discriminatory, as exclusionary," she said. "It became about women's victimization and their moral superiority as victims."

Fiamengo believes that feminism, through the influence of women's-studies courses, has alienated young men in humanities courses.

"If I were a young man going through university, I couldn't bear to sit through course after course drumming home that I am part of one half of the human race that is violent, responsible for the ills of the whole society," she said. "In English, there are fewer and fewer young men and I can certainly see why."

'Systemic issues'

Engage in dialogue, says feminist

Fiamengo's argument misunderstands feminism, by assuming it casts men in the classroom as villains, says prominent Toronto feminist and activist Steph Guthrie.

"We're talking about systemic issues, and, yes, individuals are part of it, but it's not just men that are part of the problem," she said. "It's a system-level problem."

Instead of targeting feminists, men's groups should be targeting what feminists call the patriarchy and be allies of feminists, said Guthrie.

The patriarchy isn't just harmful for women, she said. It confines men to narrow gender roles, causing the very problems the men's issues groups are trying to address.

"It's upsetting because a lot of people that get drawn into this movement, they have legitimate grievances.... This movement is peddling some nice, easy answers," she said. "Those easy answers are going to leave a lot of people in the lurch."

Guthrie doesn't agree with trying to stop men's-issues groups from holding talks on campuses. Instead, it's better to go, listen, ask hard questions and engage in a dialogue, she said. METRO

Screengrabs of a protest of Warren Farrell's speech last November in Toronto. In his book The Myth of Male Power, Farrell wrote: "If a man ignoring a woman's verbal 'no' is committing date rape, then a woman who says 'no' with her verbal language but 'yes' with her body language is committing date fraud. And a woman who continues to be sexual even after she says 'no' is committing date lying.... We have forgotten that before we called this date rape and date fraud, we called it exciting." YOUTUBE.COM

November protest

The protest that greeted the last University of Toronto Men's Issues Awareness Society's talk last November was sparked by the speaker's controversial comments and has led to an ongoing Internet campaign against some of the female protesters.

- Warren Farrell's speech covered problems facing boys, including high suicide rates and problems in the school system, but the protest was focused on his controversial writing. In his book The Myth of Male Power, Farrell cautioned against putting men in jail for rape if women say "no" to sex but give what he called a "non-verbal yes," such as by kissing.

- After the Farrell protest, someone began identifying some of the protesters and posting their photos, names and other identifying information on register-her.com, a site run by a U.S.-based men's-rights website called A Voice for Men. It is dedicated to exposing women its contributors believe are false rape accusers, murderers and pedophiles. On the site, the U of T protesters are identified as man-hating "bigots."

- Heather, a feminist and social-justice advocate who asked her last name be withheld because she doesn't want to become a target for harassment, says at least one of those women targeted by A Voice for Men has been exposed to online bullying and harassment. For that reason, she doesn't want to see the Janice Fiamengo talk go forward. However, she doesn't know if she will take part in any kind of protest because she fears the backlash. So far, no groups have announced plans to protest the talk. She also doesn't think a talk criticizing women's studies belongs at the University of Toronto. "That in itself is disrespectful to all of the female students and staff at U of T," she said.

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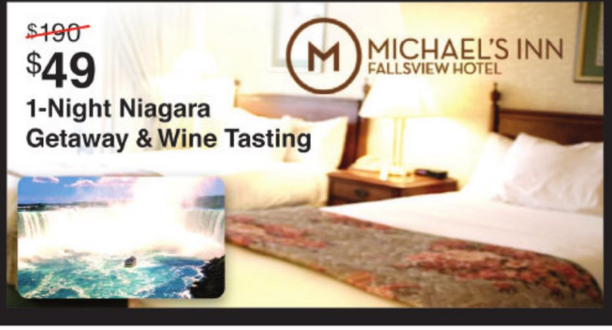

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Cannibalism. N.Y.C. jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies. But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the more modern labels "black" or "African American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year.

THE ASSOCIATED PRESS

Prosecutors seek trial for Concordia captain

Deadly shipwreck.
Captain depicts himself as a hero, while cruise company lays blame on human error

The cruise ship Costa Concordia leaning on its side near the shore of the Tuscan island of Giglio, Italy.

PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending up on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge. The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and helped save lives.

THE ASSOCIATED PRESS

Syria ready to talk with armed rebel fighters

A Syrian woman walks past a house destroyed by a government air strike at Jabal al-Zaweya village in Syria on Monday. Syria is ready to hold talks with the armed opposition trying to topple President Bashar Assad.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

The regime's proposal is unlikely to lead to talks. The rebels battling the Syrian military have vowed to stop at nothing less than Assad's downfall and are unlikely to agree to sit down with a leader they accuse of mass atrocities.

Quoted

"I think everybody knows, including Bashar Assad, that they (the regime) can't hang onto the whole country."

Andrew Tabler, a fellow at the Washington Institute, who called the Syrian government's offer a sign of weakness

But the timing of the proposal suggests the regime is warming to the idea of a settlement as it struggles to hold territory and claw back ground it has lost to the rebels in the nearly two-year-old conflict.

Monday's offer to negotiate with the armed opposition — those whom Assad referred to only in January as "murderous criminals" — reflects the regime's realization that in the long run, its chances of keeping its grip on power are slim.

THE ASSOCIATED PRESS

Pro-choice activist accuses Essex MP of defamation

Criticism of online poll. 'He just doesn't understand where we're coming from,' says founder of abortion-rights group

The founder of a pro-choice activist group named in an online poll by Essex MP Jeff Watson is accusing the Conservative backbencher of misrepresenting not only her words, but also the entire pro-choice position.

The poll, hosted on Watson's website, asks whether abortion should be limited in Canada. It begins with a prompt stating "the founder and executive director of the Abortion Rights Coalition of Canada called fully taxpayer-funded abortion, at any time, for any reason — including for sex-selection or as birth control — a basic woman's right."

That summary doesn't sit well with ARCC's director, Joyce Arthur.

Joyce Arthur, founder and director of the Abortion Rights Coalition of Canada, is accusing Essex MP Jeff Watson of misrepresenting her organization's views. METRO HANDOUT

"I have never said what Jeff Watson claims I did in his survey. He's tried to sum up what he thinks our position is, but he's put his own anti-choice spin on it," she said. "He's inserted this phrase 'at any time, for any reason — including for sex-selection or birth control' as if it's part of my position and it's not."

Arthur does not support placing limits on abortion in Canada, but says that's not the same as endorsing sex-selective abortions.

"In Canada, you can get an abortion without having to state a reason. Reasons can be complex, and we may not agree with them, but that's not a reason to deny a woman an abortion," she said.

If Watson — whom Arthur describes as a "hard-line, anti-choice MP" — truly wanted to combat sex-selective abortion, Arthur says he should lobby Parliament to address "the root cause, which is the lower status of women and girls in society."

In an interview with Metro, Watson defended his characterization of ARCC's position, calling the group "extreme and out of sync with Canadians."

He disagreed with Arthur, and said allowing practices like sex-selective or late-term abortions is the same as condoning them.

"You can't have it both ways," he said. "If she thinks I've misrepresented her position, then I'd ask her which aspects of abortion would she and her group consider limiting or restricting."

Although Arthur considers Watson's actions "defamatory," she will not be pursuing any legal action.

LUKE SIMCOE/METRO IN WINDSOR

Vacationing paramedic. 'Pegger aids Daytona fans after horrific crash

A Winnipeg paramedic on vacation in Florida was one of the first on the scene after Saturday's spectacular crash at Daytona International Speedway.

While the paramedic declined an interview request with Metro, the president of Paramedics of Winnipeg MGEU Local 911, confirmed the Winnipegger was in the stands for Saturday's NASCAR event when a 12-car crash sent a car airborne and debris crashing through the barrier meant to protect fans.

"As I understand it, it happened not far from her and she was able to assist others who were injured at that point, as anyone would," said Chris Broughton, who has since spoken to the woman he describes as an experienced and well-respected ambulance-based paramedic. "The difference being that as a paramedic she's trained on what to do in those kinds of situations."

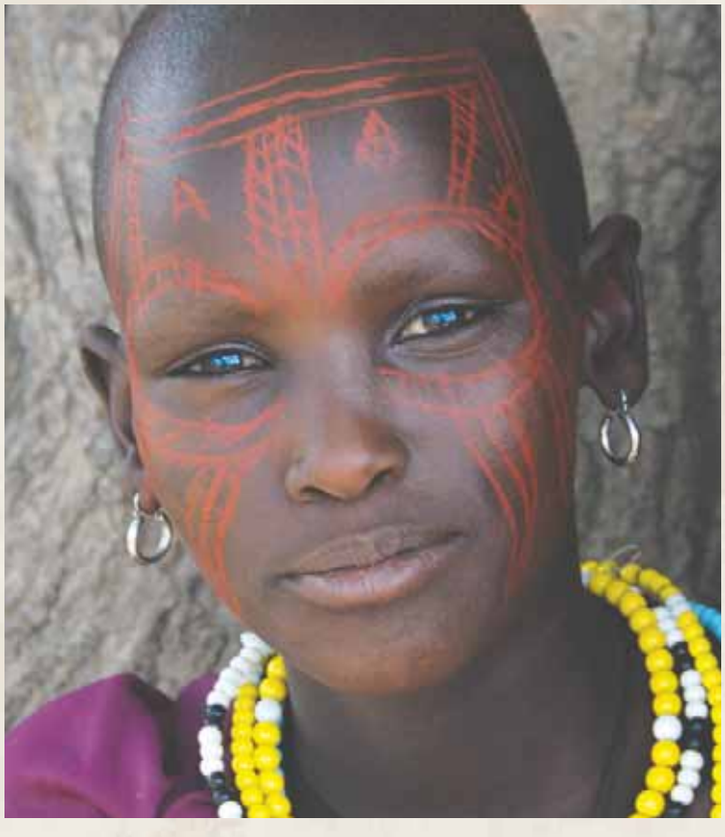
The crash hurled large pieces of debris — including a tire — into the upper and lower section of the stands, and more than 30 people were injured.

A Winnipeg paramedic was in the stands at Saturday's Daytona crash and was one of the first on the scene to help victims. THE ASSOCIATED PRESS

Broughton said the paramedic was able to start giving medical attention while the track's medical staff and local paramedics raced into the stands.

"It's reflective of what we do every day as paramedics," he said. "Whether it's at Daytona or if you happen to come across an accident on your day off, paramedics … are part of the community and we look out for each other."

Broughton said the paramedic, who doesn't want her name released, is focusing on enjoying the rest of her vacation, and is surprised by the attention she's gotten since springing to action at the accident. SHANE GIBSON/METRO IN WINNIPEG, WITH FILES FROM THE ASSOCIATED PRESS



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Language laws

‘Pastagate’ shames Quebec into action

The Quebec government is re-examining how it handles violations of the province’s language law after widespread news coverage of an overzealous employee reprimanding an Italian restaurant for having too much Italian on its menu.

The so-called Pastagate story received 60 times more coverage outside the province than a recent trip in which Premier Pauline Marois sought more foreign investment, according to a media-analysis company.

While most were in Canada, Pastagate was chronicled in 350 articles in 14 countries, as far away as Australia, when it broke last week.

Diane De Courcy, the minister responsible for Quebec’s Charter of the French Language, announced an internal review Monday aimed at improving the Office quebecois de la langue francaise. THE CANADIAN PRESS

Justice department

Probe expanded into lost data key

An investigation into the federal government’s loss of personal information on more than 5,000 Canadians has widened to include the Justice Department.

The loss of a data key containing information connected to disability benefits was thought to involve only Human Resources and Development Canada, which administers the program.

The idea that justice officials were looking at people’s medical files raises questions about the government’s intentions, said a lawyer involved in a class-action suit against the government.

A House of Commons committee was told the USB key went missing Nov. 16, two days after it was loaded with unencrypted information on 5,045 people, including their social insurance number, medical conditions, level of education and jobs. THE CANADIAN PRESS

Child-welfare crisis as bad as residential schools: Atleo

Human Rights Tribunal. Assembly of First Nations chief says under-funding tearing kids from homes

Systematic under-funding of child-welfare services on reserves means First Nations children today are essentially re-living the residential school nightmare that brought Canada so much shame, says the national chief of the country’s largest aboriginal group.

Shawn Atleo of the Assembly of First Nations (AFN) told the Canadian Human Rights Tribunal on Monday that many reserves don’t have the resources to keep children safe when their families are struggling.

Instead, the children are being sent into institutional care by the thousands, he said.

While exact totals are impossible to come by, the AFN and experts estimate there are at least 27,000 aboriginal children who have been removed from their immediate families. That’s easily double the number forced into residential schools in the late ’40s and ’50s.

“The removal appears not (to) be driven directly by an intention ‘to kill the Indian in the child’ but the consequences are nonetheless the same,” he said.

Families are falling apart, communities are losing their culture, youth are going to jail and the cycle of poverty is well entrenched, said Atleo.

The AFN and the First Nations Child and Family Caring Society started legal action in 2007, arguing that child-welfare services on reserves received 22 per cent less funding, though the need was far greater.

Federal officials argue that funding has risen by 25 per cent since 2007 to $618 million in the 2011-12 fiscal year. THE CANADIAN PRESS

Ten-month-old Mylee stands in her crib as her brother sits on a temporary cot in their home in Attawapiskat, Ont., in December 2011. There are no plumbing or sanitary facilities in their residence. FRANK GUNN/THE CANADIAN PRESS FILE

‘Illegal migrants.’ Feds taken to court over change to health care for refugees

The lives of thousands of refugee claimants in Canada are being jeopardized by a federal policy that is unconstitutional, says a group of doctors and lawyers taking the government to court.

Canadian Doctors for Refugee Care and the Canadian Association of Refugee Lawyers launched a court challenge Monday over last year’s changes to health-care coverage.

Immigration Minister Jason Kenney dismissed the claims of “militant leftists” after question period on Monday.

“We have no ... obligation to give taxpayer services to bogus asylum seekers, rejected claimants — people who are effectively illegal migrants.”

Up until June 30, 2012, the federal government covered the costs of medical care for claimants until provincial coverage kicked in or after their claims had been rejected.

But the government put an end to almost all supplemental health-care benefits, slashing coverage in some cases to care only when it was a public health emergency.

The changes depend on whether the claimant comes from a country deemed “safe” and where it is less likely someone will be persecuted. THE CANADIAN PRESS

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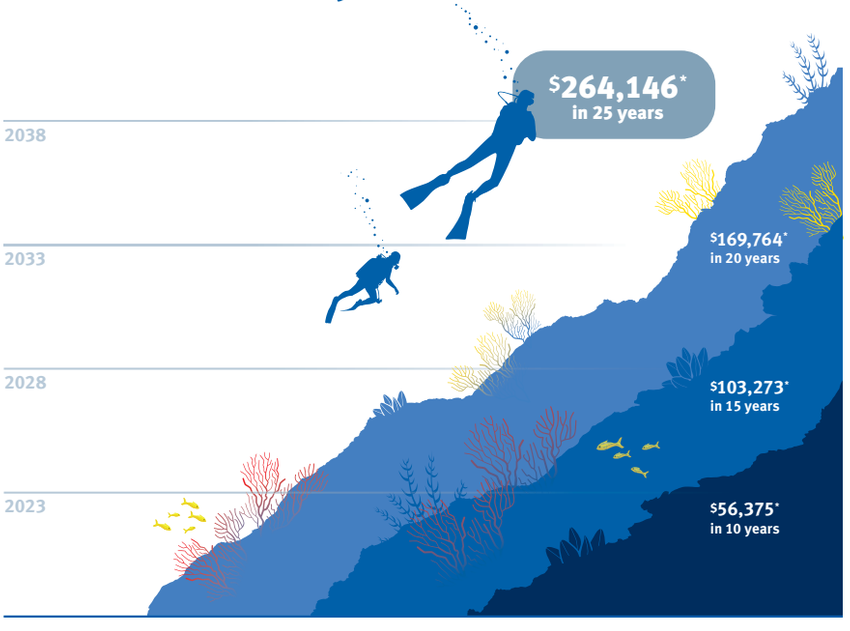

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How your Facebook account got hacked

Social media. Hacker found vulnerability in Facebook security, then notified the company

LUKE SIMCOE
Metro Digital

This file photo shows a mural at Facebook headquarters in Menlo Park, Calif. PAUL SAKUMA/THE ASSOCIATED PRESS

Not even Mark Zuckerberg's Facebook account was safe from Nir Goldshlager.

In a blog post Thursday, the friendly hacker outlined a flaw in Facebook's security which would have allowed him to gain control of anyone's account.

"I found a way in to get a full permissions (read inbox, outbox, manage pages, manage ads, read private photos, videos, etc.) over the victim account even without any installed apps on the victim's account," he wrote.

Goldshlager was able to achieve this by exploiting a bug in Facebook's OAuth service, which is used by developers to get permission from users to run applications like Farmville or Words With Friends.

Facebook has been notified of the vulnerability, and says it's been fixed.

"We applaud the security researcher who brought this issue to our attention and for responsibly reporting the bug to our White Hat Program," a spokesperson told the Daily Dot.

The White Hat Program offers a cash reward for developers who report potential vulnerabilities to Facebook. Late last year, researchers reported a flaw that let hackers record video from a user's webcam and earned $2,500 for their efforts.

Goldshlager's name has been added to the program's acknowledgement page.

Online

To see the friendly hacker's video, go to metronews.ca

Freezing their buns off

Participants warm up before taking part in the "Guangzhu (naked) Run" at the Olympic Forest Park in chilly Beijing on Sunday. The event, which required participants to run for 3.5 km wearing only their underwear, promoted environmentally-friendly lifestyles. THE ASSOCIATED PRESS

Online charity

Good deed has big return for U.S. homeless man

A homeless man's decision to return a woman's engagement ring after she accidentally dropped it in his cup is about to pay big dividends.

The woman's fiancé set up a site seeking donations for the man, with more than $145,000 donated so far. THE ASSOCIATED PRESS

Bridal brawl

Bride-to-be injured during stagette bar fight

A bar-room brawl in Vancouver put a would-be bride in the hospital while she was celebrating at a bachelorette party.

Police say the 29-year-old woman from Mission, B.C., was involved in the fight with two groups of people, including bar staff. THE CANADIAN PRESS

Proposal. Iceland's move to ban porn causes uproar

In the age of instant information, globe-spanning viral videos and the World Wide Web, can a thoroughly wired country become a porn-free zone? Authorities in Iceland want to find out.

The government of the tiny North Atlantic nation is drafting plans to ban pornography, in print and online, in an attempt to protect children from a tide of violent sexual imagery.

The proposal by Interior Minister Ogmundur Jonasson has caused an uproar. Opponents say the move will censor the web, encourage authoritarian regimes and undermine Iceland's reputation as a Scandinavian bastion of free speech. Advocates say it is a sensible measure that will shelter children from serious harm. THE ASSOCIATED PRESS

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Antarctica. U.K. explorer forced to quit, but fierce polar expedition goes on

A British explorer has pulled out of an expedition to cross Antarctica during winter, but the team that includes a Canadian says it will continue on.

Ranulph Fiennes is leaving the expedition, dubbed The Coldest Journey, after developing severe frostbite.

The 68-year-old had hoped to conquer what has been called one of the last great polar challenges — traversing nearly 4,000 kilometres while facing temperatures as low as -70 C.

The trip is particularly hazardous because no aircraft can travel inland in the winter due to the darkness and risk that fuel will freeze — meaning there is virtually no chance of a rescue. THE ASSOCIATED PRESS

Moving forward

The team is working toward evacuating Ranulph Fiennes but is being hampered by a blizzard.

- **Purpose.** But the others — including Spencer Smirl, 28, of Peace River, Alberta — plan to carry on with the mission, which aims to raise $10 million for a charity to prevent blindness.

Succession rules

Pope allows for early conclave

Pope Benedict XVI has changed the rules of the conclave that will elect his successor, allowing cardinals to move up the start date if all of them arrive before the usual 15-day transition.

The change is important because Holy Week begins March 24, with Easter Sunday March 31. THE ASSOCIATED PRESS

The act is one of Benedict's last as pope. THE ASSOCIATED PRESS

Italy headed for deadlock with nation split in vote

Imbroglio. Global markets fear election with no decisive victor

Italy faced political paralysis Monday as near-complete results in national elections showed no clear front-runner and raised the possibility of a hung Parliament. The uncertainty bodes ill for the nation's efforts to pass the tough reforms it needs to snuff out its economic crisis and reassure jittery markets.

The chaotic election in the eurozone's third-biggest economy spilled across the Atlantic to send the Dow Jones plunging more than 200 points in its sharpest drop since November.

A major factor in the murky result was the astonishing vote haul of comic-turned-political leader Beppe Grillo, whose 5 Star Movement has capitalized on a wave of voter disgust.

That has coupled with the surprise return of billionaire media mogul Silvio Berlusconi, who was driven from the premiership at the end of 2011, to roil the Italian ballot. Berlusconi's alliance appeared neck-and-neck with centre-left leader Pier Luigi Bersani's alliance for both Parliament's lower house and the Senate.

The decisions Italy's government makes over the next several months promise to have a deep impact on whether Europe can decisively stem its financial crisis. As the eurozone's third-largest economy, its problems can rattle market confidence in the whole bloc, and analysts have worried it could fall back into old spending habits.

The uncertainty raised the possibility of new elections in the coming months, the worst possible outcome for markets that are looking to Italy to stay the course with painful but necessary reform. THE ASSOCIATED PRESS

Beppe Grillo, a former comic and head of the 5 Star Movement, will not hold office due to a manslaughter conviction. ANDREW MEDICHINI/THE ASSOCIATED PRESS

Reasons for chaos

The Italian election has been one of the most fluid in the last two decades thanks to the emergence of the 5 Star Movement, representing anger with politics as usual.

- **Incumbent.** The movement came against a backdrop of harsh austerity measures imposed by technocrat Premier Mario Monti, who has fared miserably in the elections.
- **Turnout.** Many eligible voters didn't cast ballots, and a low turnout is generally seen as penalizing established parties. The turnout, at just under 75 per cent, was the lowest since the republic was formed after World War II.

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Panama Travel Mar 18 - Mar 25/ts	$536
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Las Vegas Air + 3 Nights 4-Star $587
Monte Carlo
INCLUDES airfare, airport transfers and 4-star accom on the Strip. Departs Mar 16/wsv/ws. UPGRADE to 5-star Mandalay Bay for $11 per night.

New York Air + 3 Nights $596
Renaissance Hotel 57
INCLUDES Midtown Manhattan accom near Central Park. Departs Apr 4/wsv/ws.

Vancouver Air + 3 Nights $654
Empire Landmark Hotel
INCLUDES West End accom. Departs Apr 7, 14/ggv/ws. UPGRADE to 4-star Sheraton Vancouver Wall for $18 per night. ADD whale watching tour for $147.

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Playa de Oro
Departs Apr 3/swg/wg.

Puerto Plata 7 Nights 4-Star $891
Grand Paradise Playa Dorada
Departs Mar 27/nol/ts.

Puerto Vallarta 7 Nights 4-Star $936
Holiday Inn
Departs Mar 18/vth/ts.

Cancun 7 Nights 4-Star $1052
Oasis Palm
Departs Mar 19/swg/wg.

Riviera Maya 7 Nights 4-Star $1056
Catalonia Yucatan
Departs Mar 19/nol/c6.

Panama 7 Nights 4-Star $1085
Playa Blanca
Departs Mar 15/swg/wg.

Jamaica 7 Nights 4-Star $1100
Sunset Jamaica Grande
Departs Mar 17/sqv/ws.

Europe

Prague Air + 7 Nights $1589
Hotel Kavalir
INCLUDES accom close to the Novy Smichov shopping and entertainment centre. BONUS daily breakfast included. Departs Apr 19/ggv/kl. UPGRADE to 4-star Best Western City Hotel Moran for $17 per night. ADD Prague Castle tour for $62.

Istanbul Air + 7 Nights $1404
Orient Mintur
INCLUDES central accom near the Blue Mosque. Departs May 26/swg/ts.

Budapest Air + 7 Nights $1524
Mercure Budapest Duna
INCLUDES accom on the banks of the Danube River. Departs Apr 12/ggv/lh. UPGRADE to 4-star Novotel Budapest Centrum for $22 per night. ADD extreme caving tour for $43.

Barcelona Air + 7 Nights $1749
Catalonia Aragon
INCLUDES accom near Sagrada Familia. BONUS daily breakfast included. Departs Apr 15/ggv/ua. UPGRADE to 4-star Mariano Cubi for $19 per night. ADD Sitges and Freixenet Cava tour for $73.

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Lift off. Toaster-sized satellite designed in Toronto launched in space

A Toronto-designed telescope deemed the world's smallest was successfully launched into space Monday, capping off years of painstaking work by engineers and graduate students.

A rocket carrying two of the toaster-sized telescopes as well as five other satellites — including Canada's first military satellite — blasted off Monday morning from India.

One of the telescopes, classified as nano-satellites for their diminutive size, was conceived and assembled at the Space Flight Laboratory at the University of Toronto, while its twin was designed in the country but built in Austria.

The 20-centimetre cubes are dubbed BRITE, which stands for Bright Target Explorer. They're meant to study the brightest stars in space, observing the changes in their brilliance over time.

THE CANADIAN PRESS

A nano-satellite first

- The devices are the first nano-satellites to be used for astronomy. Previous ones were believed to be too small and low-performing for the job.

Break and enter

Man gets 4 years in sleep-watching case

A Halifax man was sentenced Monday to four years in prison for breaking into a home in a case that startled many residents of the city's south end.

Barry Edward Sinclair, 50, was given a five-year prison term but received credit for 12 months he has served in custody for break-and-enter — a crime that infringed upon people's privacy, the judge said. Earlier in the day, Smith told the court that Sinclair has 28 prior convictions, including 10 for break-and-enter, four for trespass by night and four for being unlawfully in a dwelling.

THE CANADIAN PRESS

Billions of dollars at stake for BP as oil-spill trial opens

A large amount of oil that leaked out of the Deepwater Horizon wellhead, operated by BP, sits on the surface of the water on May 6, 2010, in the Gulf of Mexico. The well is still leaking an estimated 5,000 barrels of oil a day into the Gulf. CHRIS GRAYTHEN/GETTY IMAGES

Paying the price. BP has already pleaded guilty to manslaughter and other criminal charges and has racked up more than $24 billion U.S. in spill-related expenses

BP bears most of the blame for the disastrous 2010 spill in the Gulf of Mexico because it cut corners and put profits ahead of safety, a U.S. Justice Department attorney charged Monday at the opening of a high-stakes trial that could result in the oil company and its partners being forced to pay billions more in damages.

The London-based oil giant acknowledged it made "errors in judgment" before the deadly blowout, but it also cast blame on the owner of the drilling rig and the contractor involved in cementing the well.

The civil case went to trial after attempts to reach an 11th-hour settlement failed.

Eleven workers were killed when the Deepwater Horizon rig leased by BP exploded on April 20, 2010.

Justice Department attorney Mike Underhill said the catastrophe resulted from BP's "culture of corporate recklessness."

"Despite BP's attempts to shift the blame to other parties, by far the primary fault for this disaster belongs to BP."

BP attorney Mike Brock acknowledged that the oil company made mistakes. But he accused rig owner Transocean Ltd. of failing to properly maintain the rig's blowout preventer and claimed cement contractor Halliburton used a "bad slurry" that failed to prevent oil and gas from travelling up the well.

THE ASSOCIATED PRESS

Quoted

"The evidence will show that BP put profits before people, profits before safety and profits before the environment."

U.S. Justice Department attorney Mike Underhill

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CANADA'S ECONOMIC ACTION PLAN

Canada

TV. AMC warns fans they may lose Breaking Bad, Mad Men

Canadian television fans were being warned Monday that it may be close to the end for some of their favourite television shows if a new distribution agreement is not reached by the U.S.-based channel AMC and media giant Rogers Communications.

In a statement, AMC said it wanted to inform "loyal viewers" that its popular shows like The Walking Dead, Breaking Bad and Mad Men will not be aired in Canada by Rogers if the two companies cannot come up with a new deal.

"We've had a long, productive relationship with Rogers Cable and are proud of the value we've created for them with AMC's high-quality, acclaimed programming, including The Walking Dead, which is currently the No. 1 drama series on cable television," the

On Monday, Rogers said although its distribution contract is set to end Thursday, it does not mean that the company would stop broadcasting the channel. THE CANADIAN PRESS

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries

JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Britain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to a spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation."

The news came as European Union ministers met in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

What food item could make hotdogs seem like a safe meal choice? How about horsemeat meatballs? In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm. The Swedish furniture giant was drawn into Europe's widening food-labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe.
JESSICA GOW/THE ASSOCIATED PRESS

Greenhouse gas

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions.
THE CANADIAN PRESS

Market Minute

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TSX 12,650.87 (-50.76)

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Smartphones. Knox goes after BlackBerry's turf

Samsung is making a major move into the corporate smartphone market once dominated by BlackBerry.

The company behind the Galaxy line of smartphones — which along with Apple's iPhone dominates market share — announced the Samsung Knox on Monday.

The "enterprise mobile solution" is aimed at strengthening Samsung's position in the business-to-business market, which BlackBerry is also targeting with its new line of smartphones.

Enterprise customers who buy devices for many employees at a time helped BlackBerry become a symbol of mobile-communications innovation and served as a stabilizing force as consumers turned to rival devices in droves.

Samsung says its Knox allows enterprise customers, who are mainly employees at government, corporate and private businesses, to use one device for both "work and play."

BlackBerry's new line of phones are also touted as a work-play solution — through its BlackBerry Balance feature — and the company has made other moves recently in an attempt to fend off enterprise market competitors.
THE CANADIAN PRESS

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Who's watching TV? Streaming, time-shifting make it hard to say

Audience tracking. Viewing habits are in flux, leaving Nielsen struggling to come up with meaningful stats

This publicity photo provided by PBS shows a scene from the latest season of the TV series Downton Abbey. If you stream an episode of your favourite television show on your tablet, are you "watching TV?" It may not matter much to you, but to those who measure audience numbers, it's becoming increasingly important to account for all the ways that people view programming. NICK BRIGGS/CARNIVAL FILM & TELEVISION LIMITED 2012 FOR MASTERPIECE

Every Tuesday, the Nielsen company publishes a popularity ranking of broadcast television programs that has served as the industry's report card dating back to when most people had only three networks to choose from.

And every week, that list gets less and less meaningful.

With DVRs, video on demand, game consoles and streaming services, tablets and smartphones, the way people watch television is changing and the industry is struggling to keep on top of it all. Even the idea of "watching television" is in flux. Are you "watching TV" when you stream an episode of Downton Abbey on a tablet?

Nielsen, which has long had a virtual monopoly on the audience statistics that drive a multibillion-dollar industry, last week took an important step toward accounting for some of the changes. Starting in September, Nielsen will begin measuring viewership through broadband devices like game consoles for the first time. Right now those numbers go uncounted.

"The ratings are a very one-dimensional look at what is happening," said Alan Wurtzel, top research executive at NBC Universal, "and we now live in a very multi-dimensional world."

Nielsen's weekly rankings count people who watch a broadcast TV show live or on their DVRs that same day through midnight on the West Coast.

To be sure, this is still how most people watch television. CBS didn't need anything other than live numbers to know that its new reality show The Job was a flop, and cancelled it a week ago after two episodes.

Through separate, less publicized rankings, Nielsen can also track how many people see a program on a time-shifted basis. One ranking, which measures live viewership plus those who watch on DVR or video on demand within three days of the original airing, is what the industry uses to set advertising rates. Other rankings measure those who watch within a week, or even within a month.

Those numbers can present a much different picture of a program's popularity.

THE ASSOCIATED PRESS

Time-shifting

- Time-shifted viewing can change a network's perception of a show. NBC would have likely cancelled The Office years ago without this additional audience.
- "The idea of how many people are watching a program and caring about the show becomes increasingly important, and it is not reflected in the Tuesday (Nielsen) report," said Alan Wurtzel, top research executive at NBC Universal.

Outdated ratings

"The ratings are a very one-dimensional look at what is happening, and we now live in a very multi-dimensional world."

Alan Wurtzel, top research executive at NBC Universal

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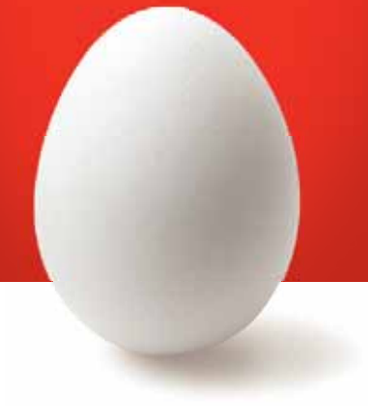

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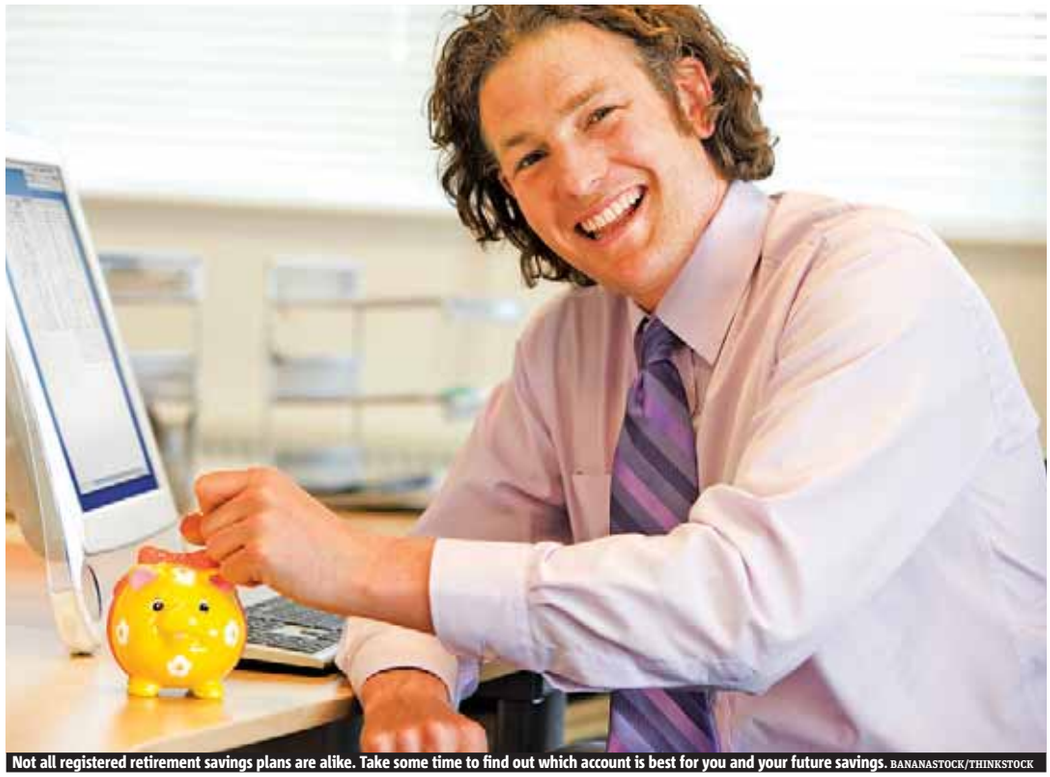

Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

So many choices out there

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP
This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of $22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto.

Self-directed RRSP
"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP
This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

Group RRSP
Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

How to save for your future properly

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year." MICHELLE WILLIAMS

Following some simple tips can help make sure you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

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Don't forget, the RSP contribution deadline is March 1.

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ARE YOU HAVING ENOUGH SEX?

SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable, but flannel in the bedroom is the opposite of arousing.

Less isn't more

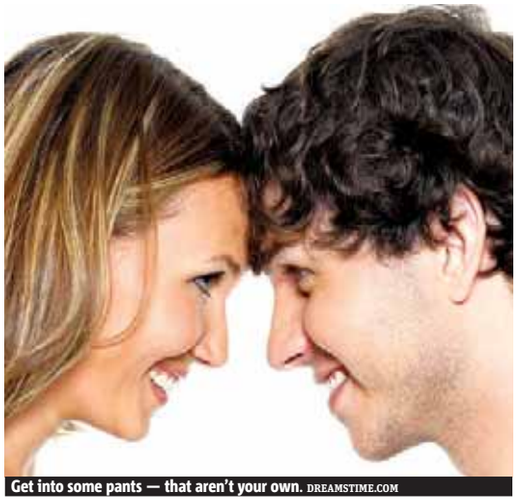
According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

Of course, it isn't really so much about what you wear but what you know. Since formal sexual education is predominantly based on a what-not-to-do curriculum, most of us rely on the Internet and our friends to expand our repertoire of sexual knowledge. But perhaps we should be talking about it even more, not in a contrived Sex and the City way over cosmopolitans but in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

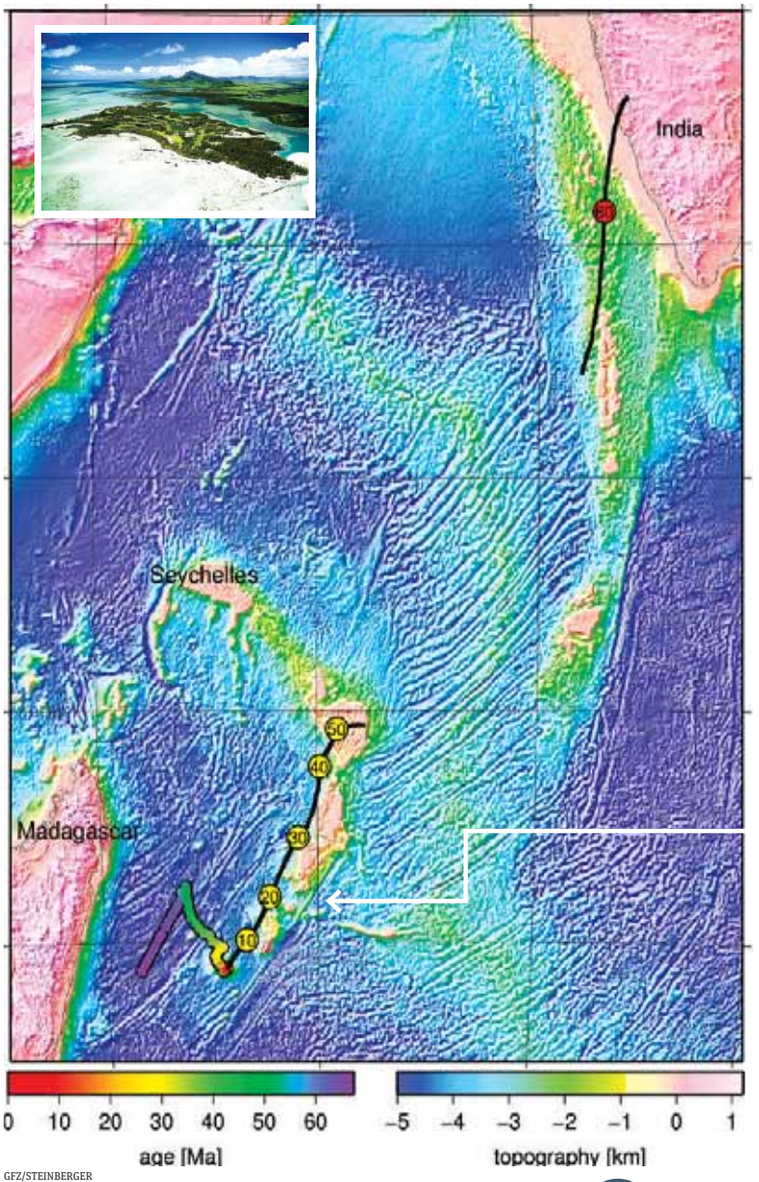
I know sex isn't everything, but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So, for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on Twitter @MetroSheSays



Get into some pants — that aren't your own. DREAMSTIME.COM

Paradise no longer lost



GFZ/STEINBERGER

New world discovered

Always in the last place you look

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. METRO

Our link to the past

Now *that's* a continental divide

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. METRO

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated as being between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. METRO

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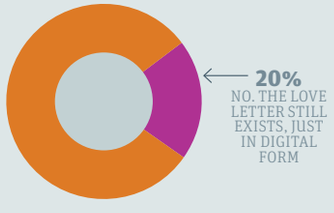
Is digital communication killing romance?



Twitter

@lyndonJJ: Next time you have a problem w/ city of #Toronto just tell them you acted in good faith - I'm sure they'll let you off #RobFord #Madness

@brookeostrom: Little late but how cute was Ben affleck last night? love him! #oscars

@lisalmacdonald: Last night I had a Hunger Games moment when it was announced 1 billion viewers were watching #Oscars2013

@SolePurpose: "Horse Meat" found in Ikea's Meatballs (in Europe). Apparently not supposed to "affect" Canadian meatballs. Still gross and shocking.

@GrantTamane8: How the hell does one hit a homerun in batting practice with the donut weight still on the bat #amazed #Cespedes

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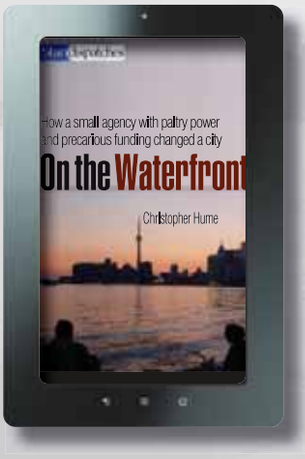

On the Waterfront: How a small agency with paltry power and precarious funding changed a city

For more than 220 years – since the early days of York, in fact – the city's leaders and citizens have dreamed, planned and argued about the waterfront. For a long time, the results weren't pretty: from industrial sprawl and the Gardiner Expressway to the more recent "condo curtain," each generation seemed to leave the area in worse shape than the one before, divorcing the city from its own shoreline. Can a city notorious for bad planning – and sometimes no planning – rise above its history and finally create a vital and vibrant waterfront for a new century? Award-winning architectural and urban affairs commentator Christopher Hume turns his urbane and thoughtful mind to this question, telling an entertaining and eventful story of politics and possibilities.

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DVD review

Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

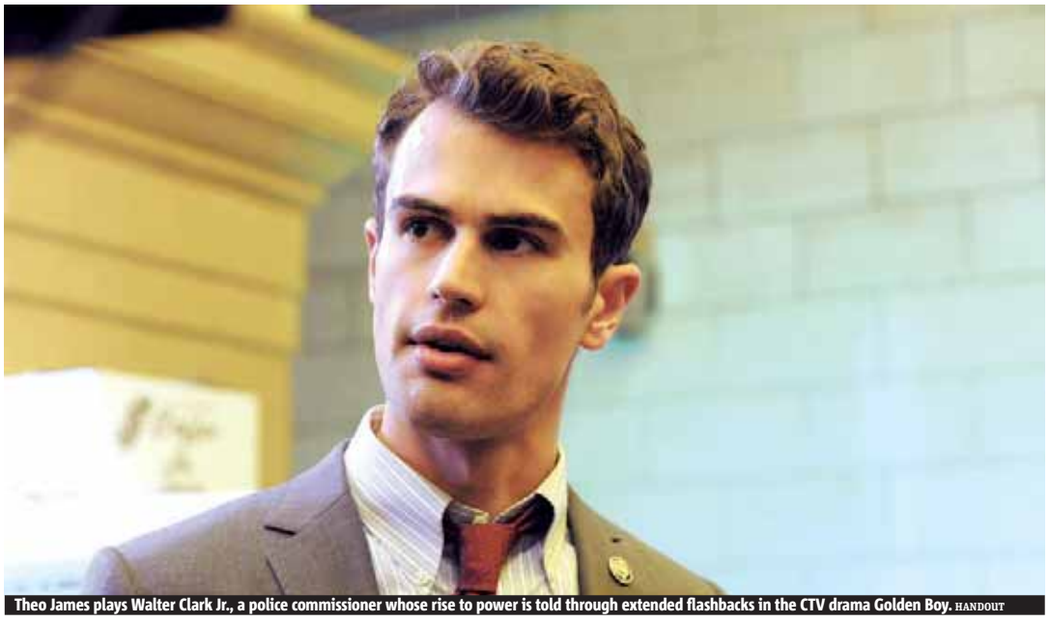
The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads likes a history of the movies, from The Jazz Singer (1927) at the dawn of the sound era to Inception (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: Tales From the Warner Bros. Lot and The Warner Bros. Lot Tour. And both sets also have a whopper of a price tag: $600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL



Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama Golden Boy. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks

NED EHRBAR
Metro World News in Hollywood

The folks behind Golden Boy are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commissioner in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others are presently in jail."

And just what kind of commissioner the main character on Golden Boy becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, beginning tonight at 10 p.m.

That dude from Downton

Avid TV fans may recognize Golden Boy star Theo James from an early and pivotal episode of Downton Abbey in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

X-Men director gets family-friendly with new film Jack the Giant Slayer

Bryan Singer. Enjoyed testing the movie on kids, says they could have handled more head-chomping action

NED EHRBAR
Metro World News in Hollywood

Hit the beanstalk, Jack: Nicholas Hoult (right) gets ready to battle the big guys in Jack the Giant Slayer. HANDOUT

Director Bryan Singer. GETTY IMAGES

With Jack the Giant Slayer, Bryan Singer finds himself facing a whole new audience: kids. But while he admits the film has gone through a softening in both its title and the amount of onscreen violence, Singer insists he's digging for the younger crowd. He says he's equally excited about getting back into the X-Men franchise with the currently in-development X-Men: Days of Future Past.

It felt like there was a more violent version of this movie just a few frames away. Was there a lot you had to change to scale it back for a family-friendly audience?
A change that I wish could've been in there is when (a giant) picks up (Ewan Bremner) and bites his head off. We had it where he actually put the guy's head in his mouth and chomped it. And you know, I would've been happy to see that stay in.

I thought it was kind of funny. I sat and watched it in a theatre full of seven-year-olds, eight-year-olds, and they were (screaming), but you know, nobody walked out.

But there was just so much fear on the part of the studio, and I was like, "All right, fine. Cut the few frames." But I think the kids could've taken it, frankly.

How terrifying is it to sit in a screening room full of seven-year-olds?
Actually, with this movie it has been fun. I have never tested one of my event pictures. The Superman and X-Men films were always done with friends and family, but Valkyrie we tested. I love testing, I think it's a great experience. And with this particular movie it was fun. The kid behind me was kicking my seat, he was laughing so hard. But at first it can be intimidating, I guess.

This movie used to be called Jack the Giant Killer.
I think that change was (inevitable). I think that word, the word "killer" always put people in a kind of concerned mode. It's not unusual that the change occurred after the tragedy in Colorado. And "slayer" is more of the period. People are "killed" in modern times, but people aren't "slain." Slaying is usually reserved for dragons and things like that. So I was fine with the change. And in fact, I've warmed up to it quite a bit. I kind of like it.

It's exciting that you're directing an X-Men movie again. Can you talk about how Days of Future Past will mix actors from the different time periods of the franchise?
Um, I can't. I can't talk about that, but it does! So I am able to accommodate both casts in a really fun and interesting way, a really cool way. I love the actors in the new cast, and as a producer I was instrumental in casting them, but I never had the opportunity to work with them as director, so I get to do that now.

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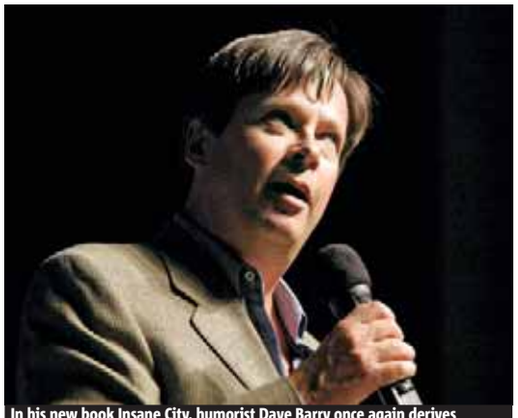
Dave Barry gets crazy in the Sunshine State



In his new book Insane City, humorist Dave Barry once again derives inspiration from Florida's "permanent cloud of weirdness." GETTY IMAGES

Insane City. Author's new book is a screwball adventure featuring a wild wedding and a randy orangutan

DOROTHY ROBINSON
Metro World News in New York

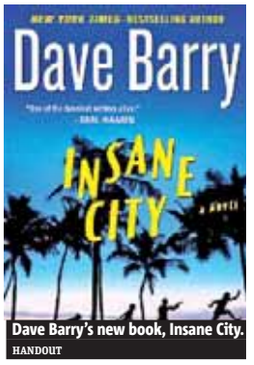
Dave Barry's special brand of book writing — outrageous plots, loony characters, susceptible quests, inept bad guys — is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another, just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get weird in his first solo adult novel in more than a decade,



Dave Barry's new book, Insane City. HANDOUT

Insane City, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancée's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan as well.

Barry says that he constantly juggles making his books nutty yet believable and in Insane City he found a reality check with Seth. "Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.

"What happens when all of this stuff happens to a guy who isn't a hero but just a normal guy? That is the serious engine to the plot."

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Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark Suit & Tie, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their Watch the Throne album, sounded off about the new collaboration onstage in London this weekend.

"I got love for (Jay-Z), but I ain't f—ing with that Suit and Tie," West told the crowd, according to Billboard magazine, before launching into an extended rap about selling out.

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f—ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Janet Jackson is a married woman?

THE WORD
Dorothy Robinson
scene@metronews.ca

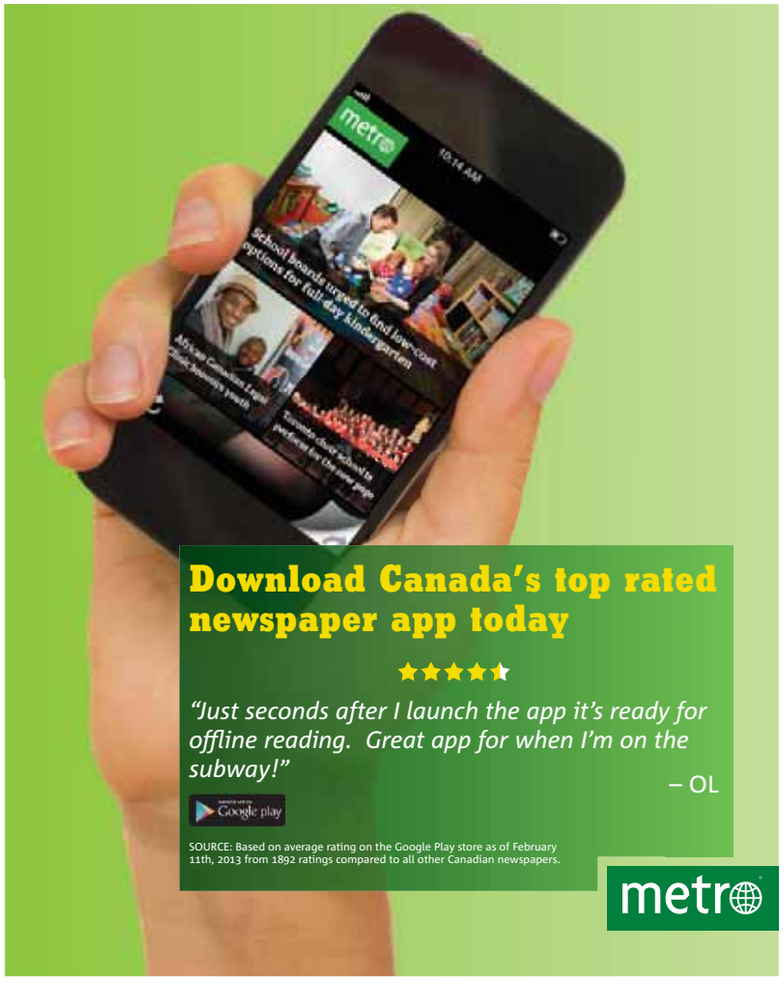
If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."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DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?
It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?
That these meetings happen at all. I've been going to them for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?
The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?
It has to become more open sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now. On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?
The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?
People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

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Hear hear! Music therapy can heal mind, body and soul

Listen up. Tunes used for everything from reducing anxiety to decreasing pain

Katherine Vitorino, 5, who has cerebral palsy, takes part in a session with music therapist Carolyn Williams at the Hospital for Sick Children in Toronto.
GALIT RODAN/THE CANADIAN PRESS

Carolyn Williams sits by five-year-old Katherine Vitorino's hospital bed, strumming her guitar and singing a medley of songs. This Old Man gives way to Itsy Bitsy Spider, followed by The Lion Sleeps Tonight and Baby Beluga.

As she sings the lyrics, Williams pauses to leave a word unsung at the end of a phrase, letting the guitar lapse into silence.

It is a sign for Katherine to join in on the song — and her delighted squeal comes right on cue.

Katherine has cerebral palsy and is unable to speak, see or walk. But music therapy has opened a whole new world to the little girl with the angelic face and joyful smile.

"It brings me so much happiness," says Katherine's mom, Diana Sanita. "It gives me hope that one day she might be able to take those vocal sounds and turn them into a word or two to help people understand what she wants.

"But more than anything, seeing her happy makes us so happy. And she loves it," says Sanita, who bunked with Katherine at the Hospital for Sick Children for more than two months while her daughter was being treated for kidney and lung problems.

"And it gives me some insight into her world. We're never quite sure what her cognitive level is, but it's pretty apparent in music therapy that she gets it. She knows what's going on. She knows when it's her turn to sing, she recognizes songs, she anticipates.

"It's just pure joy."

Seeing Katherine so engaged is a joy, too, for Williams, a certified music therapist who has been working at Sick Kids for about a year, assigned to patients in the small-organ transplant unit and general pediatrics, which covers a wide range of illnesses.

"Beautiful singing today, Miss Katherine," she croons to her young charge, as fellow music therapist Ruth Roberts takes up the guitar, leaving Williams to play a bongo drum for another rendition of The Lion Sleeps Tonight.

Roberts, who has been with the hospital's music therapy program since its inception in 1999, points to Katherine's hands. Usually tightly fisted, her palms are open and her fingers relaxed.

Music is working its magic.

"What we realize is that children, when they're unable to do anything else — maybe they can't move, maybe they can't see, and even kids who can't hear well, you can get to them through rhythm. If they're no longer able to participate in life in other usual meaningful ways, the music can still reach them and help them to express who they are and represent themselves in our world," Roberts says.

Indeed, that's one major goal of music therapy, which the Canadian Association for Music Therapy describes as a means to "promote, maintain and restore mental, physical, emotional and spiritual health."

Music can help reduce anxiety and even pain, as well as give youngsters who are typically subjected to repeated blood drawings and other tests an opportunity to exercise some control and independence, says Williams.

"It also gives an opportunity for creative expression or to process feelings and emotions," she says.

Roberts says kids with cancer often tell her the sessions help them cope with chemotherapy, while families say it eases the stress of having a sick or dying child in hospital. THE CANADIAN PRESS

More clinical uses

- **Alzheimer's.** Over time, residents with Alzheimer's or another form of dementia forget the faces and names of loved ones, says Amy Clements-Cortes, who heads the music therapy program at the Baycrest geriatric care centre in Toronto. "But you target a song that's in their long-term memory, from their teen years or their early 20s, and they can sing the entire song with you."
- **Parkinson's.** Rhythmic auditory stimulation is one technique for improving movement. "It's quite miraculous," says Clements-Cortes. "The client that is shuffling their feet, they're pigeon-toed with the Parkinson's, you put on that beat and their breathing resonates with it and they're able to march or walk to that beat."

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Pour on the olive oil

Benefits of Mediterranean-style diet now supported by hard data

One of the longest and most scientific tests of a Mediterranean diet suggests this style of eating can cut the chance of suffering heart-related problems, especially strokes, in older people at high risk of them.

The study lasted five years and involved about 7,500 people in Spain. Those who ate Mediterranean-style with lots of olive oil or nuts had a 30 per cent lower risk of major cardiovascular problems compared to others who were told to follow a low-fat diet. Mediterranean meant lots of fruit, fish, chicken, beans, tomato sauce, salads and wine and few baked goods and pastries. THE ASSOCIATED PRESS

Best Health Minute

Yoga: the secret to eternal youth?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Yoga can keep you fit for life. ISTOCK

In the latest issue of Best Health, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life. Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength. About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures and breathing methods could reduce the inflammation and keep your skin looking younger and healthier. **FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW.**

Some evidence suggests HPV may cause oral cancer too

STI. In cases that can't be explained by tobacco or alcohol use, HPV may be the culprit

CELIA MILNE
life@metronews.ca

The HPV epidemic may be causing a new problem: oral cancer.

By now, most people know that human papillomavirus (HPV), which passes between sexual partners, is strongly associated with cervical cancer. Many young people have been vaccinated against the virus.

Now, evidence is piling up that HPV can be a culprit in cancer of the tongue and tonsils. When these cancers can't be explained by tobacco and alcohol use, HPV is a possible risk factor, even in young people.

"I have seen several people who don't fit the typical profile," says Dr. Hagen Klieb, a specialist in oral and maxillofacial medicine and pathology at Sunnybrook Health Sciences Centre in Toronto.

"I've been confronted with the question, 'Why me? I do everything right.' HPV may be the explanation."

A recent U.S. study published in the New England Journal of Medicine found that having a high number of vaginal and oral sex partners is associated with a higher risk of some oral cancers.

Another study, in the journal Anticancer Research, reported that incidence of these oral cancers is increasing and this may be due to the epidemic of HPV.

"A persistent oral lesion (lumps, ulcers, red or white areas) should be brought to the attention of your physician or dentist," says Klieb.

The question of whether HPV vaccination prevents oral cancers requires further study.

A recent U.S. study discovered that high number of vaginal and oral sex partners was associated with a higher risk of some oral cancers. ISTOCK

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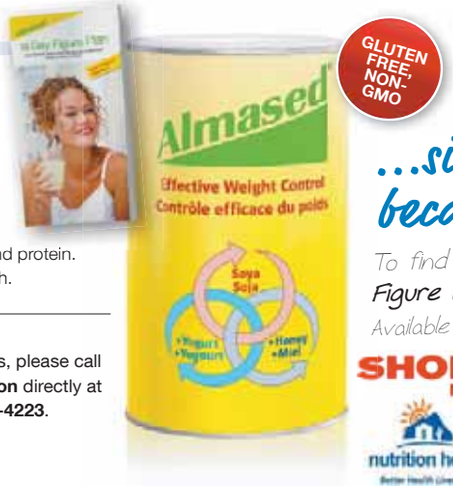

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This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Beef up cabbage rolls by skipping rice in favour of orzo

ROSE REISMAN
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rosereisman.com

Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

These cabbage rolls are mild tasting and slightly different because of using orzo instead of rice.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 minutes, until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray a non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 minutes, or until slightly browned. Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

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Health Solutions

Comfort food without uncomfy pants

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmness on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Two months in: your resolution quiz

Goals working out? Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

1. Over the last couple months, your workout routine consisted of:
A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.
B A five-km jog in the park every Sunday morning and daily snowball fights.
C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:
A Five kilos. You blame the stuffing in the turkey and the butter in the mashed potatoes.
B Two kilos. Your family bans anyone from using the word diet at the dinner table and anyone who does has to eat an extra slice of cake.
C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?
A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?
B You don't believe in calorie counting. You know very well when you've had enough to eat.
C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:
A Pretty much non-existent.
B Regular-ish. You try and go to the gym a couple of times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.
C Set in stone. You let nothing interfere with your workout schedule.

So you're two months into your new year's resolutions. Still on track? GETTY IMAGES/ISTOCKPHOTO

5. You feel like you've had a good workout if you:
A Do 20 star jumps to stay warm and kill time as you wait for the bus.
B Manage to not walk out of that 45-minute body pump class.
C Do a full hour of cardio (running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:
A Walked up the 10 steps to your front door (they're super steep!).
B Do a 100-m sprint.
C Run for 10 km.

7. You have an hour to kill, do you:
A Make a massive bowl of popcorn drenched in sugar and butter and catch up on TV
B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.
C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike ride.

8. Exercise makes you feel:
A Bored, tired and achy.
B Alert and happy, but in a lot of pain.
C Energetic, purposeful and alive.

Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013. Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions. Your approach to wellbeing is more "carpe diem" than cardio. "If you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

17-24 points: What you're doing is great, but you need to mix things up a bit! "Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.

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A taste of what you can do in the food industry — pastries and all

Ever thought of taking your culinary talent to a professional level? It might be just the thing to spice up your career prospects, and there are more options than you may realize

YLVA VAN BUREN
careerbear.com

OK, you love to eat. And cook. You think of yourself as something of a foodie and your idea of a good book is one with four-colour food shots and recipes that make your mouth water. Favourite TV shows? Cooking ones, of course.

So why not take all that passion and turn it into a career? There are tons of culinary directions to go in — here are the six hottest ones.

Chef: A chef is a professional cook who prepares, cooks and presents meals. While celebrity chefs are all the rage, there are lots of chef and sous-chef (a chef's assistant) positions in restaurants and hotels as well as hospitals and catering companies.

Pastry chef: A pastry chef specializes in making pastries, desserts, breads and other baked goods. Pastry chefs are specially trained. They work in professional kitchens and are employed by large hotels, bistros, restaurants, bakeries and some cafés. Some pastry chefs can be self-employed.

Caterer: A caterer works closely with clients to develop menus for any event, large or small, like weddings, charity balls, holiday parties and office lunches. The caterer prepares all the food and delivers it to the event. Caterers work long hours and have a flair for presentation and customer service.

Recipe developer: A recipe developer is exactly that — someone who creates recipes. These can be for consumers, magazines, businesses and commercial clients. They're on top of current food and nutrition trends and know how to combine ingredients and cooking styles to appeal to a wide range of tastes. Some specialize in one type of cooking or cooking style.

Food stylist: A food stylist prepares food for photo shoots and makes it look so delicious you're tempted to lick the page.

Stylists work closely with the photographer, using tips and trade secrets to create compelling images (but trust me, you wouldn't be able to eat the food). Most food stylists are self-employed and work in editorial, advertising and packaging.

Product developer: Product developers love food but they also love marketing. In this career, you work on new food products for a manufacturer or retailer from conception through to how the food is made in a commercial kitchen (so big quantities) to helping bring the product to market.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
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There are tons of culinary directions to go in. With some research, you could discover your dream job. ISTOCK PHOTO

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How expensive is your lineage?

Saving for retirement. Think you might live to see 100? That's going to cost you

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long life are enormous; significantly more savings are required to support a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us.

So, you might want to downsize that $5 Vente Vanilla Frappuccino to a $2 tea, and put that $3 savings into your RRSP.

If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

Saving for retirement is truly more expensive than in previous decades.
ISTOCK IMAGES

Costly RRSP procrastination

YOUR MONEY
Alison Griffiths
money@metronews.ca

Hear that? It's the sound of 3.5 million people scrambling to make their RRSP contribution. According to a new TD poll nearly 60 per cent of Canadians procrastinate with that all-important deposit.

You might think it doesn't matter if you contribute at the 11th hour. You'd be wrong! There are three reasons why last minute contributions equal bad planning.

1. Lower returns

Monthly contributions start working when they are deposited. Whether you are investing in the stock market or GICs, money can't produce a return unless it is invested.

Take a 35-year-old starting an RRSP account and investing $200 for 25 years. At a six per cent average annual rate of return over that time, the account would be worth nearly $139,000 on retirement at 60.

But a last minute lump sum of the same amount invested annually would only grow to about $131,700. Run your own numbers at getsmarteraboutmoney.ca and go to RRSP Savings Calculator.

This calculation is based on annual compounded growth, but the difference is even greater if returns are compounded monthly or quarterly.

2. Higher risk

Monthly investing smooths out risk. You buy low when the market is down, high when it is up and over all this allows you to hit those average returns we all read about.

Last minute lump sum investing increases the danger that you will be buying in at peak times. You might argue that the same is true when the market is down. However, investor behaviour tells us that people are more likely to avoid investing their savings when the market takes a powder.

Witness the record amount of money that sat on the sidelines after the 2008/2009 crash — which was the very best time to invest.

Then as the market rises, investors worry about missing out on the action and jump back in, often buying at a high point. Witness the near record in-flows of money into stocks and equity mutual funds over the past few months as markets hit post-2008 highs.

3. Pressure

Contributors often feel pressure to invest their money quickly if it is an annual event. By investing regularly there is time throughout the year to consider investment options and evaluate advice.

Set up a regular monthly contribution and breathe easier next RRSP season.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

ISTOCKPHOTO/THINKSTOCK

ENRICH YOUR MBA EXPERIENCE

APPS CAN HELP YOU FACILITATE HIGHER LEARNING

While technology is sometimes labelled as a distraction in the classroom, it really has the power to be extremely beneficial, especially for MBA students.

"There are some apps students can put to use in the classroom that can either be a distraction or it can facilitate better learning and more mental presence while they are there," says David Glazer, an MBA student in the management of technology and innovation program at Ryerson University's Ted Rogers School of Management.

Using his smartphone, Glazer takes photos of lecture notes and uses a voice recording app to record lectures. This allows him to focus on what the professor is talking about and better understand the subject matter.

"The underlying theme there is not having to feverishly write or take down notes," Glazer says.

One of the side-effects of improving technology is that it's changing the way professors teach.

One way James Barker, a professor at Dalhousie University's Rowe School of Business in Halifax, is leveraging technology is to bring professors and experts to his classroom via Skype and FaceTime.

"Instead of us reading a book by some author and talking about what they could have meant by this, we'll bring in the author to tell us," Barker says.

In fact, one of the criteria Barker uses to determine whether to use a text is the author's willingness to participate in these sorts of discussions.

Barker is also incorporating more video into student projects. Part of the motivation for this is the ease with which this now can be done, but it's also about helping students develop their communication and presentation skills.

Kristen Dowling, an MBA student at the University of Manitoba's Asper School of Business in Winnipeg, says some professors are not automatically embracing technology.

"I think some of our professors are trying to save the thought process, save our ability to push through a problem and not automatically turn to technology," Dowling says.

One of Dowling's professor encourages students to talk out the answer to questions they pose so they can try to figure the answer out on their own.

Regardless of whether technology is embraced inside the classroom, when used properly, it enriches a student's education.

In Glazer's case, he says that when he has to sit down and do his schoolwork, he is focused and ready for it.

"Mobile technology is a way to facilitate that for me," Glazer says.

– Richard Woodbury

ACCESSIBLE, AS WELL AS FLEXIBLE

THOMPSON RIVERS REVISES ITS PROGRAM

ISTOCKPHOTO/THINKSTOCK

Starting this September, get your master of business administration (MBA) at your own pace in a method that works for you.

Thompson Rivers University has announced its revised MBA program, which will allow students to get their MBA either face-to-face, entirely online, or a blend of both methods.

"We are very excited that Thompson Rivers University has developed one of the most flexible MBA programs in Canada, increasing the accessibility of a MBA degree to students across the country," says Victoria Baker, director, MBA program.

"Our new MBA features updated curriculum written by experts from across the country, the addition of thesis and graduate project options and the introduction of online courses."

The TRU MBA can be completed on-campus, online or through a blended combination of on-campus and online courses.

"All TRU MBA students, regardless of their method of study, receive a rigorous academic experience combined with high-quality interactions with faculty, fellow students and industry professionals," Baker says.

The MBA degree is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to manage effectively in today's complex and rapidly-changing business environment.

The online courses utilize lecture-capture software and online discussions and require teamwork with other students to provide an engaging and interactive learning environment.

"Our part-time study option allows students to complete the program at a pace that works with their personal and work commitments provided that the program is completed within five years of commencing it," Baker says. "And there is no on-campus residency requirement for online students — the program can be completed 100 per cent online if desired.

Online students receive the same benefits to faculty and networking opportunities as students who choose the traditional, face-to-face delivery method.

"Our focus is to provide quality business education that is accessible to all learners and is global in perspective," says Russell Currie, professor and dean, School of Business and Economics, Thompson Rivers University.

Thompson Rivers University School of Business and Economics is home to about 4,200 students, with 2,000 students on-campus, 860 online and 1,340 overseas.

It is also one of the most competitively priced MBA programs in the country and does not require a GMAT score for admissions.

For more information about the TRU MBA program, visit tru.ca/mba.

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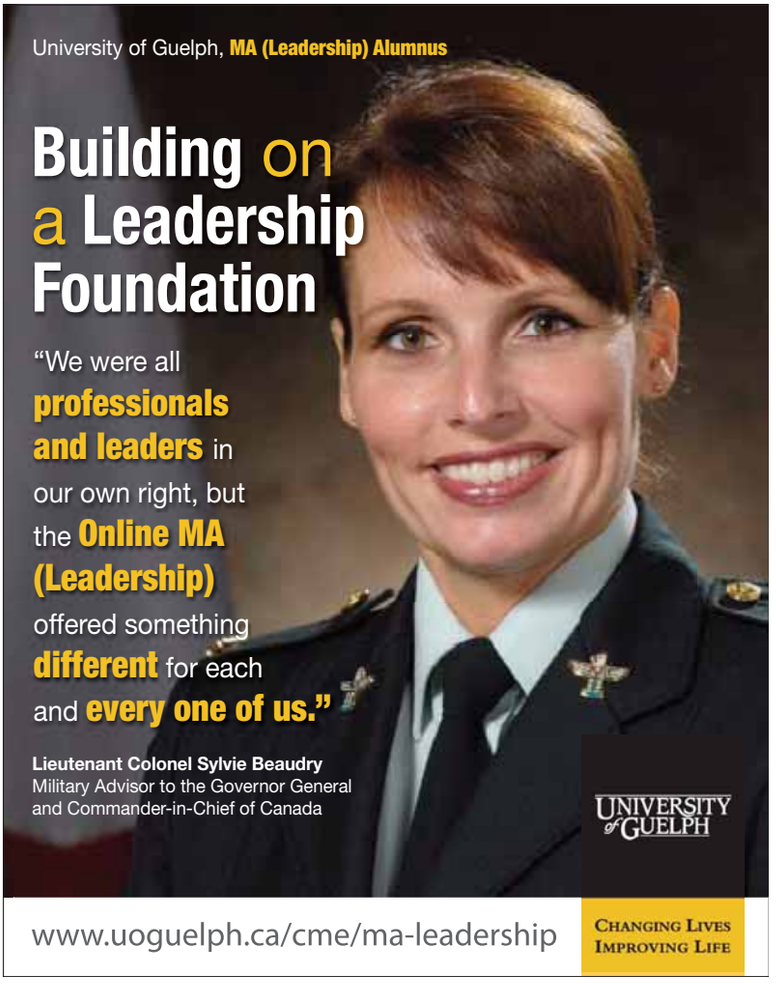
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CHANGING LIVES IMPROVING LIFE

CHANGING WAYS WE DO BUSINESS

SCHULICH TACKLES THE MOST CRUCIAL ISSUES OF OUR TIME

Paul Polman speaks at the Schulich School of Business Thomas J. Bata lecture.

CONTRIBUTED

The debate over the future of capitalism that is taking place at York University's Schulich School of Business and at other thought-leading institutions around the world is long overdue, says the chief executive of one of the world's biggest consumer products companies.

"We face a crisis of public trust in governments and other institutions, as well as business leaders," Paul Polman, CEO of Unilever, said Feb. 14 as the keynote speaker for the third annual Thomas J. Bata lecture on responsible business in Toronto.

Schulich Dean Dezsö J. Horváth praised Polman for showing leadership and "a lot of guts" in managing Unilever in the long-term interests of all company stakeholders — including employees, consumers and community residents — rather than simply focusing on the short term. The results, Horváth said, speak for themselves. "Unilever's share price has surged, now trading at a higher price to earnings multiple than its main competitors."

Schulich MBA student Keiko Lui, who attended the Bata lecture, said it is highly motivating to see global business leaders such as Polman take the bold stance of bringing sustainable business models to life at a scale that can have an impact on people's lives.

"As a business student graduating next year, it is encouraging for me to see the connection between how we are learning to think about sustainability and corporate responsibility in school and the role we can have in influencing how a business chooses to participate in society," Lui said.

The Schulich School of Business has been at the leading edge of the push for responsible business and the "triple-bottom-line" thinking that offers an antidote to the sort of short-term focus on profits that contributed to the global financial crisis, Horvath said.

Schulich is ranked among the world's leading business schools by a number of global surveys, and its MBA program is ranked second in the world by the Aspen Institute, a Washington, D.C.-based leadership think-tank.

In early March, prospective students are invited to "Experience Schulich" through a daylong series of events that include mini-MBA lectures, panel discussions and networking events with faculty, students and alumni. The event takes place March 2 from 9:30 a.m. to 3 p.m.

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Everyone Makes a Mark

WILFRID LAURIER UNIVERSITY PHOTO

LAURIER OFFERS OPTIONS

"Many students are looking for specialized MBA programs and we give them that option," says Hugh Munro, MBA program director at the Laurier School of Business & Economics.

"Wilfrid Laurier offers all the traditional MBA specializations, such as marketing and finance," he says. "But we also go further, offering industry-specific specializations that allow students to focus on fields they find most interesting, here or abroad."

Among them, the new management in golf and resort industry specialty, debuting this fall.

The golf and resort industry thrives all over the world, but in varied forms. In North America and Europe, it is a mature industry, looking to refocus and reinvent. But in some other parts of the world, including China, India, and South Africa, it is a growth industry, developing alongside the middle class. In these countries, there is a demand for knowledgeable management talent of the type Laurier's MBA program will produce.

"Programs like this one will provide our students with a wealth of networking and internship opportunities," Munro says. And graduates will be employable across the globe.

Laurier's international MBA program is another route to global business success. The international MBA program teaches you the knowledge and skills you need to be a global business leader by immersing you in the very markets you need to learn about.

Classes for both MBA programs begin in September. To learn more, visit lauriermba.ca.

AFFORDABLE, CONVENIENT MBA PROGRAM

ISTOCKPHOTO/THINKSTOCK

With tuition approaching $100,000, or more, for an MBA or EMBA at some schools in Canada, the word affordable probably doesn't immediately spring to mind when thinking about these degrees.

"You can get a quality degree and quality experience without paying that kind of money," says David Large, the dean at the Sandermoen School of Business.

The tuition for Sandermoen's MBA program is $14,000 (which will rise to $19,000 in September) and tuition for the EMBA program is $24,500.

The reason Sandermoen is able to offer such affordable tuition is that as a fully online school, it does not have a traditional bricks and mortar infrastructure to maintain. In turn, the savings are passed on to students.

Being online, Sandermoen is able to be selective about the faculty it hires. The school has professors from across North America and looks for instructors who have the right combination of academic qualifications, industry experience and ability to teach in an online setting.

Sandermoen uses state-of-the-art tools to deliver a superior education, including Moodle, as well as Cisco's WebEx platform. Moving forward, Sandermoen will continue to implement the latest technology.

Whether one is pursuing their MBA or EMBA, students have the choice of pursuing the global leadership or innovation leadership stream.

The final project for these degrees consists of a project where students working in small teams identify a global issue for a business organization, analyze and/or resolve it by using the relevant skills and knowledge they have learned from Sandermoen.

For more, visit ufred.ca/sandermoen.

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No businesses matter more than the ones that keep us fed and sheltered. As the manager of a business like this, your decisions directly impact the well-being of others. Therefore, it is vital you receive the best training possible.

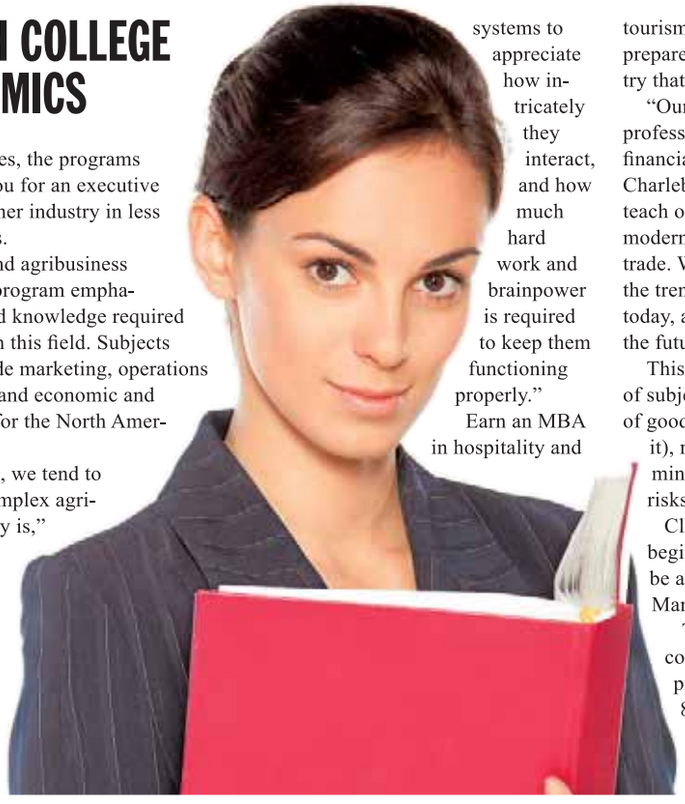
At the College of Management and Economics (CME), part of the University of Guelph, you can get it. The college offers you the chance to earn an MBA specially tailored to either food and agribusiness management or hospitality and tourism management.

Highly-regulated, complex, with multiple stakeholders, these fields require executives with expertise. Yet, too often, that expertise is lacking. With an MBA from Guelph, however, you can enter either field properly prepared.

Both MBA programs are delivered through a mix of online and brief in-class courses, allowing you to continue working full time while you study. Combining a core set of business courses with industry-specific courses and case studies, the programs can prepare you for an executive position in either industry in less than two years.

The food and agribusiness management program emphasizes skills and knowledge required of managers in this field. Subjects covered include marketing, operations management, and economic and policy issues for the North American market.

"Nowadays, we tend to forget how complex agriculture actually is," says Sylvain Charlebois, associate dean. "This program allows our students to revisit the complexity of food systems to appreciate how intricately they interact, and how much hard work and brainpower is required to keep them functioning properly."



Earn an MBA in hospitality and tourism management and you will be prepared for a long career in an industry that is currently in transition.

"Our goal is to create management professionals who make intelligent, financially sound business decisions," Charlebois says. "To do that, we must teach our students about the realities of modern real estate in terms of the hotel trade. We must also teach them about the trends influencing the industry today, and those likely to influence it in the future."

This MBA program covers a variety of subjects, including the principles of good service (and how to improve it), revenue management, and the minimization of safety and security risks.

Classes for both MBA programs begin in May, but applications will be accepted through to the end of March.

To learn more about enrolment, contact Patti Lago, manager of professional programs, at 519-824-4120, ext. 56607; or toll-free at 1-888-622-2474; or via email at plago@uoguelph.ca. Or visit uoguelph.ca/cme/mba.

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Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#16 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (14th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#20 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.

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At Ryerson University, your education is a smart investment. The Ted Rogers School of Management at Ryerson University aims to provide you with the best business education available without burying you beneath a mountain of tuition debt.

"Tuition fees and other related expenses for many business schools in the GTA are approaching six figures," says Murtaza Haider, PhD, associate dean of research and graduate programs at the Ted Rogers School of Management. "We don't believe an MBA should be priced so that graduates incur massive debts that could take them years to pay off. The Ryerson MBA offers a quality education, but our tuition is less than half that of other expensive programs."

That lower tuition leads to savings down the road. Graduates of the Ryerson MBA earn comparable salaries to graduates of other business schools, but do so without the need to pay off substantial student loans. This makes the Ryerson MBA's return on investment (ROI) the best in the Toronto region.

What do Ryerson MBA students receive in return? A state-of-the-art facility, located in the heart of Toronto, offering a range of innovative full-time and part-time programs. Some of these programs are unique in Canada, and all are taught by faculty who are standouts in their fields.

In the last four months of your MBA, you will undertake a paid internship in a practical business environment. While there, you will be presented with another problem to solve — with real-life stakes. You will write a major research paper, detailing your analysis — and perhaps solution — to that problem. There is no other opportunity like this for MBA students in the Greater Toronto Area.

RYERSON UNIVERSITY PHOTO

"We provide our students with the theoretical knowledge they need, then give them the opportunity to test that knowledge in the field," Haider says. "They graduate with confidence having already proven that they have what it takes to succeed."

One more piece of good news — this paid internship often turns into a full-time job for graduates. After all, if you help a business solve one problem, why shouldn't it give you the chance to solve more?

In as little as 12 months, you could earn the management credentials you need to compete successfully in the business world. You might even do it debt-free. To learn more about what the Ryerson MBA can do for you, visit ryerson.ca/mba, or contact the Ryerson MBA program recruitment team at 416-598-5925 or mba@ryerson.ca.

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LONG HISTORY OF SUCCESS

WORDS FROM THE DEGROOTE DEAN

Leonard Waverman, a former professor of economics at the London Business School, as well as former dean of the Haskayne School of Business, knows what it takes to train future executives. That's why he is now dean of the DeGroote School of Business.

"I was drawn to DeGroote for two reasons — its strong research focus and its commitment to innovative teaching," he says. "These same principles draw students. They know they'll benefit from leading-edge thinking in the classroom, bolstered by training in the field."

Waverman maintains a presence in the field himself. He is currently a director of BNP Paribas (Canada) and the CD Howe Institute. And in January 2009, he was cited as one of the world's top 50 most influential thought leaders in the telecommunications industry by Global Telecoms Business magazine.

"We're always looking to refine our curriculum and our delivery to best reflect today's business environment," Waverman says.

DEGROOTE CO-OP STREAM LETS YOU FUND SCHOOLING

ISTOCKPHOTO/THINKSTOCK

Earning your MBA ought to be hard work, but finding time to do it shouldn't be. That's why the DeGroote School of Business, part of McMaster University, offers its MBA program in four different streams, each suited to students with different lifestyles, experience levels, and goals.

The most popular of these streams is the co-op stream, ideal for recent graduates with minimal work experience, or those looking for a career-change. As a co-op MBA student, you will complete 28 months of study, typically four academic terms, alternating with three work terms. These work terms are paid, giving you the chance to fund your education while you learn. DeGroote's co-op stream has a long history of success — offered since 1973, it has built positive relationships with some of Canada's top employers.

DeGroote also offers traditional full-time and part-time MBA programs. The full-time program takes 20 months to complete, including a four-month summer break. Students in the part-time stream typically complete the program in four to five years. They have the option of taking one to two courses per term, choosing between day or evening classes. They can even take a term off if necessary.

The School of Business also has an accelerated MBA program, which can be completed in eight months if taken full time.

One of these streams may be perfect for you. To find out, visit mbarecruit.degroote.mcmaster.ca, email mbainfo@mcmaster.ca, or phone 905-525-9140, ext. 27024.

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Maple Leafs goalie Ben Scrivens dives on a loose puck during the second period against the Flyers on Monday night. MICHAEL PEREZ/THE ASSOCIATED PRESS

Leafs weather late storm from Flyers

NHL. Scrivens saves van Riemsdyk from becoming Toronto's goat in return to Philly

Phil Kessel, Nikolai Kulemin, Mikhail Grabovski and Jay McClement scored to lead the Toronto Maple Leafs to a 4-2 win over the Philadelphia Flyers on Monday night.

Ben Scrivens made 23 saves for Toronto, which survived a double-minor against leading scorer James van Riemsdyk in the third period. Van Riemsdyk, who was drafted with the second overall pick in the 2007 draft by the Flyers and played three seasons with them before being traded, was held scoreless in his return to Philadelphia.

Scott Hartnell, playing his second game since fracturing his foot Jan. 22, scored his first goal of the season for the Flyers, who had won three of their last four and are in the middle of a five-game homestand.

Jakub Voracek, who brought a five-game scoring streak into the game, assisted on Hartnell's goal and then scored one of his own on the power play to cut Toronto's lead to 3-2 late in the third period.

But the Maple Leafs got some big saves from Scrivens to hold on.

The Leafs took a 1-0 lead into the first intermission after Kessel outhustled Kimmo Timonen to a puck along the boards with 2:41 left and beat Flyers goalie Ilya Bryzgalov, who made 17 saves, to the far side. The tough-angle goal — Kessel's fourth of the season — came off a smart pass from Tyler Bozak.

Toronto doubled its lead with just under five minutes remaining in the second period when Nikolai Kulemin was sprung free on a breakaway by Nazem Kadri and backhanded it past Bryzgalov for his second goal of the year.

Hartnell, who enjoyed a breakout season last year with a career-high 37 goals, got the Flyers on the board with two minutes left in the second period off an excellent cross-ice pass from Voracek.

Voracek's goal came with 8:18 left in the game off an assist from Timonen. The 23-year-old winger now has five goals and nine assists in the past five games.

Toronto made it 3-1 with 12:08 left in the game on Grabovski's sixth goal of the year. Seconds after the Maple Leafs power play ended, Clark MacArthur's shot right in front of the net was saved but the rebound was kicked right to Grabovski, who backhanded it past Bryzgalov.

THE ASSOCIATED PRESS

On Monday

Leafs	Flyers
4	2

NHL

Redmonds thank quick-acting Jets trainers, players

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital after suffering a gash to his right femoral artery and vein at practice Thursday. His family issued a statement Monday thanking the Jets training staff and players for their quick action. THE CANADIAN PRESS

Zach Redmond GETTY IMAGES FILE

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. THE ASSOCIATED PRESS

Wizards give Raptors dose of reality

Raptors small forward Rudy Gay corrals a loose ball against the Wizards on Monday at Air Canada Centre. Gay shot 1 for 11 and scored seven points in Toronto's 90-84 loss to Washington. STEVE RUSSELL/TORSTAR NEWS SERVICE

Bradley Beal scored 20 points to lift the Washington Wizards to a 90-84 victory over Toronto on Monday night, handing the Raptors just their second loss in eight games.

DeMar DeRozan topped Toronto (23-34) with 25 points, while Kyle Lowry added 18 on an ugly night for both teams. Amir Johnson grabbed a team-high 13 rebounds.

A.J. Price and Martell Webster added 12 points apiece for the Wizards (18-37), who have won seven of their last nine games. Nene had 11 points and nine rebounds, while Emeka Okafor grabbed 13 rebounds to go with eight points.

The Raptors had been one of the hottest teams in the Eastern Conference in February, and began the game four spots out of the eighth and final playoff spot.

On Monday

Wizards	Raptors
90	84

But the positive vibes fizzled with Monday's horrible performance that saw the team trailing 63-54 heading into the fourth quarter against the NBA's worst road team (5-22).

The Raptors managed to pull within six points a couple of times down the stretch and then a DeRozan free throw cut the Wizards' lead to five with just over a minute to play.

But John Wall put the visitors back up by seven with 46 seconds left, which had many of the fans headed for the exits.

THE CANADIAN PRESS

Red Sox manager John Farrell watches Blues Jays slugger Jose Bautista take a cut during a spring training game on Monday in Dunedin, Fla. Farrell left Toronto last October to take over as Boston's manager. NATHAN DENETTE/THE CANADIAN PRESS

Farrell gets taste of what awaits in April

MLB. Blue Jays fans in Dunedin, Fla., greet former manager with boos as he leads Red Sox in spring training

The past and present managers of the Toronto Blue Jays crossed paths Monday.

John Farrell, who left Toronto to take over in Boston, brought a Red Sox split-squad to Florida Auto Exchange Stadium for a spring training game. He will face louder music, no doubt, when Boston visits Toronto in early April in its second series of the regular season.

Jays fans will likely have something to say about Farrell's decision to jump ship, especially to an American League East rival. Those in Dunedin gave him a taste of what to expect with a hearty chorus of boos during introductions Monday.

"I appreciate that people might have differing opinions," Farrell told reporters earlier. "All I can do is go about my work, day in and day out. People are going to form their own impressions, so I certainly can't control that.

"April will get here when it does.... I fully respect that team. They've got a darn good team. And looking forward to competing against them."

Boston won 4-2 on the day, with Toronto manager John Gibbons and Farrell never actually making contact.

"I don't know John real well," said Gibbons. "I met him a couple of years ago. I came to town with Kansas City."

Gibbons did reminisce with old friend Brian Butterfield, who left Toronto in the off-season after 11 years to become Boston's third-base coach.

Farrell, who spent four years as Boston's pitching coach prior to joining the Jays, told Toronto GM Alex Anthopoulos that the Red Sox managerial opening was his dream job. Toronto eventually traded Farrell to Boston last October to fulfil his wish.

Farrell seemed less than interested Monday in looking back, although he called his time in Toronto "two great years." And he stressed that he was as engaged in Toronto last season as he is with Boston this year. THE CANADIAN PRESS

Rare knuckleball duel

The knuckleball fraternity was in full force for Monday's game between the Toronto Blue Jays and Boston Red Sox.

- NL Cy Young Award winner R.A. Dickey gave up two runs and four hits in his Toronto spring training debut while fellow knuckleballer Steven Wright pitched two scoreless innings for the Boston split-squad in a 4-2 win over Toronto.

THE ASSOCIATED PRESS

CFL

Kuale heading to Montreal after helping Argos win championship

The Montreal Alouettes signed veteran CFL linebacker Ejiro Kuale to a three-year contract Monday.

The six-foot-two, 240-pound Kuale spent the last three seasons with the Toronto Argonauts, helping the club capture the 2012 Grey Cup. THE CANADIAN PRESS

NFL

Te'o underwhelms at draft combine

Manti Te'o's appearance at the NFL combine didn't go as planned Monday.

The Notre Dame star and Heisman Trophy runner-up was clocked at 4.82 seconds in the 40-yard dash. NFL Network draft analyst Mike Mayock had said anything below 4.7 would be "phenomenal." Anything 4.8 or over would be a "concern." THE ASSOCIATED PRESS

Soccer

Spurs rise to 3rd in EPL with late goal vs. West Ham

Gareth Bale sent a scorching 25-metre drive into the top corner in the 90th minute Monday as Tottenham won 3-2 at West Ham to rise to third place in the Premier League. It was the second goal of the match for Bale, who has 15 in the league and 23 overall this season. THE ASSOCIATED PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	40	14	.741	—
Indiana	35	21	.625	6
New York	33	20	.623	6½
Atlanta	32	23	.582	8½
Brooklyn	33	24	.579	8½
Chicago	32	24	.571	9
Boston	29	27	.518	12
Milwaukee	26	28	.481	14
Philadelphia	22	32	.407	18
Toronto	**23**	**34**	**.404**	**18½**
Detroit	22	37	.373	20½
Washington	18	37	.327	22½
Cleveland	18	38	.321	23
Orlando	15	41	.268	26
Charlotte	13	43	.232	28

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	45	13	.776	—
Oklahoma City	41	15	.732	3
L.A. Clippers	40	18	.690	5
Memphis	37	18	.673	6½
Denver	35	22	.614	9½
Golden State	33	23	.589	11
Utah	31	25	.554	13
Houston	31	27	.534	14
L.A. Lakers	28	29	.491	16½
Portland	26	30	.464	18
Dallas	25	30	.455	18½
Minnesota	20	33	.377	22½
New Orleans	20	37	.351	24½
Sacramento	19	38	.333	25½
Phoenix	18	39	.316	26½

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Washington 90 **Toronto 84**
Atlanta 114 Detroit 103
Boston at Utah
L.A. Lakers at Denver

Sunday's results
L.A. Lakers 103 Dallas 99
Golden State 100 Minnesota 99
Miami 109 Cleveland 105
New Orleans 110 Sacramento 95
Memphis 76 Brooklyn 72
New York 99 Philadelphia 93
San Antonio 97 Phoenix 87
Portland 92 Boston 86
Oklahoma City 102 Chicago 72

Tuesday's games — All Times Eastern
Golden State at Indiana, 7 p.m.
Orlando at Philadelphia, 7 p.m.
Sacramento at Miami, 7:30 p.m.
Brooklyn at New Orleans, 8 p.m.
Cleveland at Chicago, 8 p.m.
Milwaukee at Dallas, 8:30 p.m.
Minnesota at Phoenix, 9 p.m.
Charlotte at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	19	13	6	0	65	48	26
New Jersey	19	10	5	4	48	49	24
Philadelphia	21	9	11	1	60	66	19
NY Rangers	17	8	7	2	41	44	18
NY Islanders	19	8	10	1	56	64	17

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	19	12	4	3	53	41	27
Ottawa	20	12	6	2	48	37	26
Boston	15	11	2	2	45	34	24
Toronto	20	12	8	0	57	46	24
Buffalo	19	6	12	1	48	63	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	17	9	7	1	50	51	19
Tampa Bay	18	9	8	1	69	58	19
Winnipeg	18	8	9	1	48	57	17
Florida	18	5	9	4	42	65	14
Washington	17	6	10	1	48	55	13

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	18	15	0	3	58	35	33
St. Louis	18	10	6	2	55	52	22
Detroit	19	9	7	3	57	54	21
Nashville	19	8	6	5	39	43	21
Columbus	19	5	12	2	40	56	12

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	18	10	4	4	52	48	24
Minnesota	17	8	7	2	37	42	18
Calgary	17	7	7	3	48	59	17
Edmonton	17	7	7	3	40	46	17
Colorado	17	7	8	2	42	51	16

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	16	13	2	1	57	42	27
San Jose	17	8	6	3	41	39	19
Dallas	18	9	8	1	47	48	19
Phoenix	18	8	7	3	50	49	19
Los Angeles	16	8	6	2	40	39	18

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Toronto 4 Philadelphia 2
Ottawa 2 Montreal 1 (SO)
Dallas at Nashville
Edmonton at Chicago
Anaheim at Los Angeles

Sunday's results
Boston 4 Florida 1
Winnipeg 4 New Jersey 2
Detroit 8 Vancouver 3
Carolina 4 NY Islanders 2
Chicago 1 Columbus 0
Pittsburgh 5 Tampa Bay 3
Calgary 5 Phoenix 4
Anaheim 4 Colorado 3 (OT)

Tuesday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
Dallas at Columbus, 7 p.m.
Carolina at Washington, 7 p.m.
Boston at NY Islanders, 7:30 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
Pittsburgh at Florida, 7:30 p.m.
Calgary at Minnesota, 8 p.m.
Phoenix at Vancouver, 10 p.m.
Colorado at San Jose, 10:30 p.m.

Wednesday's games
Washington at Philadelphia, 7:30 p.m.
Montreal at Toronto, 7:30 p.m.
Detroit at Los Angeles, 10 p.m.
Nashville at Anaheim, 10 p.m.

MAPLE LEAFS 4, FLYERS 2

First Period
1. Toronto, Kessel 4 (Bozak, Gunnarsson) 17:20
Penalties — Phaneuf Tor (Interference) 6:27, Simmonds Phi (Roughing) 7:32, Brown Tor (Roughing) 11:01, Brown Tor (Fighting) 15:59, McGinn Phi (Fighting) 15:59.

Second Period
2. Toronto, Kulemin 2 (Kadri, Gunnarsson) 15:02
3. Philadelphia, Hartnell 1 (Voracek, Giroux) 17:56
Penalties — Phaneuf Tor (Interference) 8:08, Fraser Tor (Tripping) 10:13, Timonen Phi (Tripping) 10:43.

Third Period
4. Toronto, Grabovski 6 (Macarthur, Kadri) 7:52
5. Philadelphia, Voracek 8 (Timonen, Giroux) 11:42 (pp)
6. Toronto, McClement 2 (Kulemin) 19:47 (en)
Penalties — Talbot Phi (Hooking) 5:46, van Riemsdyk Tor (Hooking) 11:18, van Riemsdyk Tor (Holding) 11:18.

Shots

Toronto	**10**	**4**	**8—22**
Philadelphia	**10**	**5**	**10—25**

Goal — Toronto: Scrivens (W, 6-5-0). Philadelphia: Bryzgalov (L, 9-9-1).
Power plays (goal-chances) — Toronto: 0-4. Philadelphia: 1-6.
Referees — Brad Meier, Kyle Rehman.
Linesmen — Mark Shewchyk, Tim Nowak.
Attendance — 19,645 (Wells Fargo Center).

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Horoscopes

♈ Aries
March 21 - April 20
If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

♉ Taurus
April 21 - May 21
Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

♊ Gemini
May 22 - June 21
If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

♋ Cancer
June 22 - July 23
If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

♌ Leo
July 24 - Aug. 23
Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

♍ Virgo
Aug. 24 - Sept. 23
You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

♎ Libra
Sept. 24 - Oct. 23
You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

♏ Scorpio
Oct. 24 - Nov. 22
It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

♐ Sagittarius
Nov. 23 - Dec. 21
Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

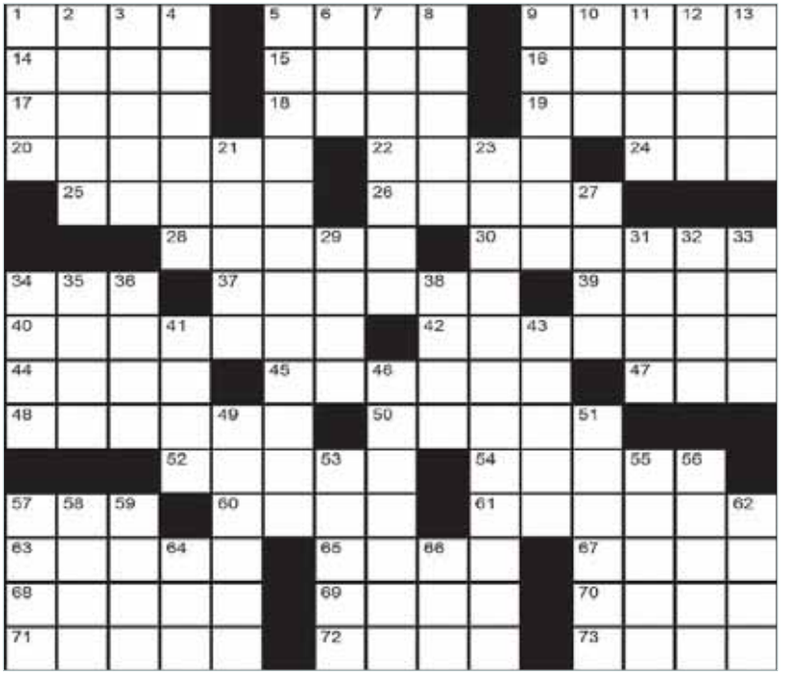
♑ Capricorn
Dec. 22 - Jan. 20
Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

♒ Aquarius
Jan. 21 - Feb. 19
You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

♓ Pisces
Feb. 20 - March 20
Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" SALLY BROMPTON

Crossword: Canada Across and Down

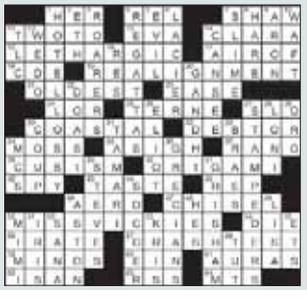
BY KELLY ANN BUCHANAN



Across
1. Singer Ms. Jordan
5. "Rio __" (1970) starring John Wayne
9. John of "SCTV"
14. ___ bit of light in (Tilt the blinds)
15. Hamilton football venue until recently, __ Wynne Stadium
16. Keep _ __ head (Remain calm)
17. __ __ now (Up to this point)
18. Playthings
19. Dish out
20. Be the final player up: 2 wds.
22. "__ la vie!"
24. US political designation
25. Danger
26. The Hunter constellation
28. Stagnant
30. Aspirations
34. Mudbath locale
37. Mr. Kutcher
39. Hockey movie, "__ Shot" (1977)
40. metronews.ca, for one
42. Use a ruler
44. Botanical 'coat'
45. Prince William's brother, and others
47. Huffy
48. Richard Gere flick, "American __" (1980)
50. "American Idol" Season 5 winner, Taylor __
52. Hockey great Mr. Hull
54. Practice eco-friendliness
57. Band-Aid, et al.
60. Comic Mr. Macdonald
61. Proprietors
63. B-day web greeting
65. Feels yucky
67. Montreal-born singer Vannelli
68. "Party Rock Anthem" duo
69. Door handle
70. "From here __...": 2 wds.
71. Ambulance signal
72. Like omelets
73. "Disco Duck" singer Rick

Down
1. Smelting waste
2. Ancient teller of fables
3. Swiped
4. "Surfin' __" by The Beach Boys
5. '80s TV series starring a dog, "The __ __"
6. Ab __ (From the beginning, in Latin)
7. Type of protest
8. Canadian figure skating great Brian
9. Beaver: French
10. Hotshot
11. North: French
12. Peace bird
13. Cosmology's original matter
21. Mount of the Bible
23. Hockey star from Nova Scotia: 2 wds.
27. Scotland's Loch __ Monster
29. "Cheers" star Ms. Perlman
31. Reunion attendee
32. Actress, Rooney __
33. Accelerated
34. Celebrity 'gifting suites' items, __ bags
35. Ms. Gilpin of "Frasier"
36. '80s hit: "In _ __ Country"
38. Actor Mr. Katz
41. Untidy type
43. Lopsided
46. Rapper's skill
49. Ontario city
51. Ra, in ancient Egypt: 2 wds.
53. Car stopper
55. River of Paris
56. "Sesame Street" character
57. Phone nos.
58. Caesar's 1901
59. Johannesburg, _. __.
62. Family members
64. Actress, __ Dawn Chong
66. Captain's record

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8		1		3	
6								7
		7		6		8		
	2	6		1		3	8	
	1			4			9	
	4	9		3		5	6	
		8		5		2		
9								6
	7		6		3		4	

Yesterday's Sudoku

6	3	8	7	1	2	5	9	4
9	1	7	6	4	5	3	2	8
2	5	4	3	9	8	7	1	6
7	9	1	4	5	3	6	8	2
4	8	6	2	7	9	1	5	3
5	2	3	8	6	1	4	7	9
1	4	5	9	2	6	8	3	7
3	7	2	1	8	4	9	6	5
8	6	9	5	3	7	2	4	1

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